
Vegetarian Diet

Concept:

- no food made directly from animals such as fish, pork, chicken, lamb or beef
- Eggs, honey and dairy products are okay

Promises:

- improves personal health
- Animals suffer less

Problem:

- the relationship between a vegetarian diet and health remains unclear

Ketogene Diet

Concept:

- a form of the low carb diet
- High in fat
- Low in carbs
- The body is forced to burn fats rather than carbs

Promises:

- ketogenic metabolic = a fast way to lose weight
- Adults with epilepsy might benefit from this diet

Paleo Diet

Concept:

- Eating like cavemen from the stone age / the Paleolithic era: fresh produce, meat, nuts, roots, no dairy products, no grains, no processed foods

Promises:

- weight loss (no evidence yet)
- May improve negative side effects of the typical Western Diet

Problems:

- inadequate calcium intake

Low Fat Diet

Concept:

- Reduction of foods high in fat, predominately saturated fat and cholesterol
- Only one third of calorie intake from fat

Promise:

- Weight loss
- Reducing the risk of heart disease

Different Diets and Food Trends



Low Carb Diet

Concept:

- reduction of the intake of carbs to under 50 gr per day
- Consumption of fat and proteins to replace carbs



Promises:

- weight loss without feeling hungry
- Weight loss in a short period of time
- Prevention of major illnesses, e.g. Diabetes



Wholefood Diet

Concept:

- food is more valuable and healthy when consumed raw
- Fresh and non-processed food
- Whole grain products
- Few animal products

Promises:

- preventative against cancer and other illnesses

Vegan Diet

Concept:

- no animal products at all; this includes eggs, milk, honey, but also leather

Promises:

- improves the lives of animals
- Improves personal health