

SO MANY DIFFERENT DIETS – WHICH ONE SHOULD I CHOOSE? IDEAL PROTEIN, PALEO, BULLETPROOF, LOW CARB, NO CARB???

Molly Kimball of The Times Picayune on December 30, 2014 looked at the three today's trendy diets.

Ideal Protein diet is a four phase diet plan that is purchased through weight loss centers and health care practitioners, such as physical therapists or chiropractors. The diet is centered on high protein, low carb foods – it's centered on pre-packaged products along with pouches of soup, chili and pudding. All of these are purchased from Ideal Protein representatives. Carbs are limited to 20 grams per day. Ex. 1 slice bread or 1 apple.

Her Summary: It's too restrictive, regimented, and develops reliance on pre-packaged foods.

The Paleo Diet consists of the types of foods that our Paleolithic ancestors might have consumed. It's low in carbs, leans heavily toward protein, fats, and veggies. Friendly foods include meat, fish, shellfish, eggs, non-starchy vegetables, berries, and fats. Regular exercise is encouraged.

Some off-limits foods includes dairy, legumes, cereals, grains, potatoes, seed based oils and sugar.

Her Summary: She likes the idea that this diet eliminates refined, processed, packaged foods focusing on real natural food. Most people will lose weight with this diet, but might be difficult for following for the long-term. One possibility is following a part-time Paleo, which includes modest servings of dairy and legumes.

Bulletproof Diet: Calls for eliminating sugar, using fats, ghee, and coconut oil as well as Dave Asprey's trade marked products. No grains, rice, soy, vegetable oils, and legumes. Meat are to be cooked at low temperatures and fresh fruit is limited to one servings per day.

Her Summary: This diet is extremely restrictive and even questions foods like raw spinach, kale, or almonds.

Her Final Statement: She prefers a part time Paleo approach. However, all or nothing approaches can be challenging to follow in the long term. Consider making a few changes that can be lasting and sustainable.

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