

DIET'S



Keto

A diet whereby no calories come from carbohydrates or sugars. The diet will consist of only fat and protein sourced foods. If any significant carbohydrate source is consumed the diet stops working

Low-fat

A diet whereby minimal fat foods are consumed, with a focus on high carbohydrate and protein foods

Low-carb

A diet whereby minimal carbohydrates and sugar is consumed. Resulting in high fat and protein meals

Paleo

A diet with a focus on vegetables, lean protein, whole foods, fruits, seeds, and nuts, while cutting out processed foods, dairy, grains, and sugar

Vegan

A diet very similar to the vegan diet. However, in addition to cutting out meat, it eliminates eggs, dairy, and animal-derived products, such as, whey, gelatin, honey, and some forms of vitamin D supplement

Vegetarian

A diet restricting consumption of any meat, fish, and poultry. There are other types of vegetarian diets, but at its core, it follows these principles

Carnivore

A diet whereby calories consumed only come from meat sources, such as: beef, chicken, fish and eggs. In addition to this people consume salt and water

Fasting

A diet where no specific food group is restricted but the "window of eating" is. This can be in the form of a 16:8 diet, whereby you eat for 8 hours of the day and consume no calories for 16 hours

Diet and Weight loss

*There is no "right" diet for weight loss, however, the best diet to adhere to is the one that's **least restrictive** and **most convenient** to your daily life*