

HealthSmart Popular Diet FACTS

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The “New” Atkins Diet

Summary: This program restricts carbohydrates and focuses on eating mostly protein with the use of vitamin and mineral supplements.

Pros: Dieters may experience a feeling of satiety or fullness which may help decrease overall food intake.

Cons: This diet promotes low-carb bars and special foods resulting in major restrictions on fruits, vegetables, whole grains, legumes, and low-fat dairy foods. This diet may increase the risk of heart disease and may add stress to the kidneys.



Summary: The diet promotes a complex eating plan that divides each meal into proportions of carbohydrates, proteins, and fats.

Pros: This diet is closer to recommendations from dietitians than most other fad diets.

Cons: There are other programs that offer better nutrition and exercise recommendations and are less complicated and frustrating.



Summary: The basic tenant is that all sugars and starches are “toxic” because they produce excess insulin, which causes the body to store sugar as fat and make cholesterol.

Pros: The authors mention that protein foods and fats should be limited.

Cons: Some of the recipes supplied in the book are contrary to the recommendation of limiting protein and fat. The book recommends the diet as appropriate for many special populations such as pregnant women, people with hypoglycemia and those with a history of heart disease who should receive their dietary advice from their doctor or a registered dietitian.



Summary: The basic premise of this diet is that cooked foods lose natural vitamins, nutrients, and enzymes necessary to build a strong immune system. The diet recommends eating only fruits and vegetables, nuts or seeds.

Pros: This diet may be high in fiber and low in total fat, saturated fat, cholesterol and calories.

Cons: The diet restricts many important foods and creates a challenge in getting all the nutrients necessary for good health.



Don't forget these other great resources: Your Healthwise® Handbook, 24-Hour Nurse Line, Nurse Line Chat, Audio Health Information Library®, and you can also go online to www.spectrumhs.com for more information.