

Diet	Summary/Macronutrient Breakdown	Nutrients at Risk for Insufficiency		Recommended Supplements
Paleo	NO dairy, grains and grain products, legumes, processed foods, alcohol	Calcium Vitamin D B vitamins	Magnesium Fiber	Multivitamin & Mineral Calcium with Magnesium Vitamin D3
Keto	5-10% Carbs (50 g/d max) 10-20% Protein 70-80% Fat	B vitamins Magnesium Fiber	Vitamin E & C Zinc Iron	Multivitamin & Mineral Calcium with Magnesium Probiotic Essential Amino Acids
Vegan	No animal meats or products (eggs, milk, cheese, yogurt)	Vitamin D Calcium Protein Zinc	Omega-3 Fats B12 Iron Iodine	Vegan MV Calcium with Magnesium Plant Protein Essential Amino Acids Vitamin D2
Gluten Free	All forms of wheat and wheat products. Rye, barley, bulger, some condiments, sauces and dressings	B vitamins Vitamin D Iron Fiber	Zinc Magnesium Calcium Phosphorus	Multivitamin & Mineral Calcium with Magnesium Vitamin D3 Probiotic
Intermittent Fasting	No food restrictions – no eating for a specific time period	Commonly under-consumed nutrients: Potassium, choline, magnesium Vitamins A, D, E, C Calcium, potassium, fiber Iron (for certain age/gender groups)		Multivitamin & Mineral Omega-3 Fish Oils (as needed) Calcium with Magnesium (as needed) Essential Amino Acids Protein Vitamin D3 (as needed)
If It Fits Your Macros (IIFYM)	Varies based on individual needs, goals, preferences and training status	Commonly under-consumed nutrients (same as above)		Multivitamin & Mineral Omega-3 Fish Oils (as needed) Calcium (as needed) Vitamin D3 (as needed)