



dotFIT Masterclass - A Guide to Popular Diets

Kat Barefield, MS, RD, CPT

Content to be Presented

- How Each Diet Works + Pros and Cons:
 - Intermittent Fasting
 - Keto Diet
 - Paleo Diet
 - Gluten Free
 - Vegan & Vegetarian Diets
 - Calorie Counting & Macro Tracking
- The Best Weight Loss Diet
- Popular Diets & Missing Nutrients



Intermittent Fasting

- Restricting eating to specific time periods
- 16/8: Fast 16 hours + 8 hour eating window
- 5:2 – 2 days a week of little to no eating
- Alternate Day Fasting – eat one day, fast the next and repeat



Intermittent Fasting – Pros & Cons

- Reduces calories intake by ~20-25%
- Promotes weight loss
- Improves health markers – cholesterol, triglycerides
- Simple
- No food restrictions
- May have healthy aging benefits (mostly animal studies)
- Hunger during fasting periods
- Does not promote healthy food choices
- May impact social events
- May interfere with workouts
- Loss of lean body mass over time - due to lower testosterone levels (1 year study using 16:8 time restricted eating)

Keto Diet

- Very low carb, high fat, moderate protein
- Low carb intake results in the formation of ketone bodies as an alternate fuel sources to carbs for the brain and red blood cells

KETOGENIC DIET **HIGH FAT** **LOW PROTEIN** **LOW CARB**

CARB
5-10%



PROTEIN
20-25%



FAT
70-80%



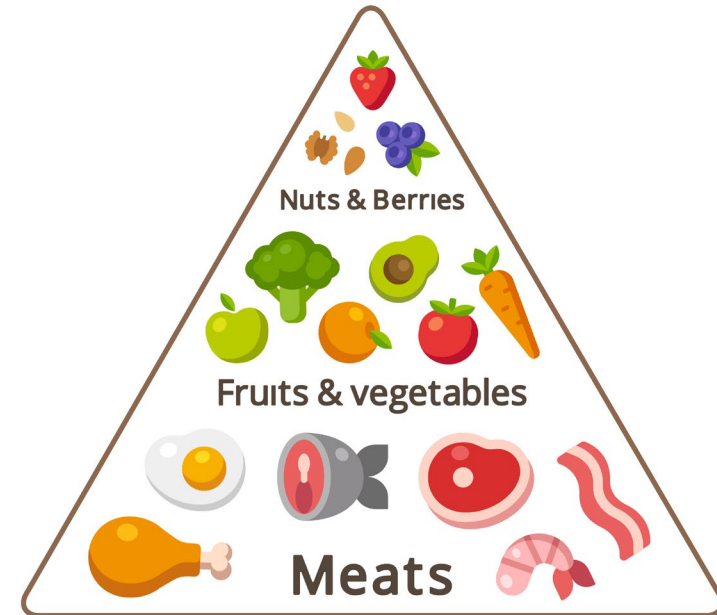
Keto Diet – Pros and Cons

- Cuts calories by eliminating ~30-50% of one's normal intake
- Promotes weight loss
- Improves health markers
- Suppresses hunger
- Simple - avoid carbs (bread, pasta, sugar, most snack foods)
- Cuts healthy carbs
- Low energy for exercise
- Eliminates vitamins and minerals
- Very low in fiber – may impact gut health
- High fat; increase in LDL cholesterol
- Long-term health effects unknown
- May reduce muscle gain + performance

PALEO Food Pyramid

Paleo Diet

- "Hunter-Gatherer Diet" - eat like our primal ancestors whose lifespan was ~30 years old
- Eliminates:
 - All processed foods
 - Whole grains – oats, rice, corn
 - Refined grains – snack foods
 - Dairy foods
 - Legumes – beans, peas, lentils
 - Alcohol

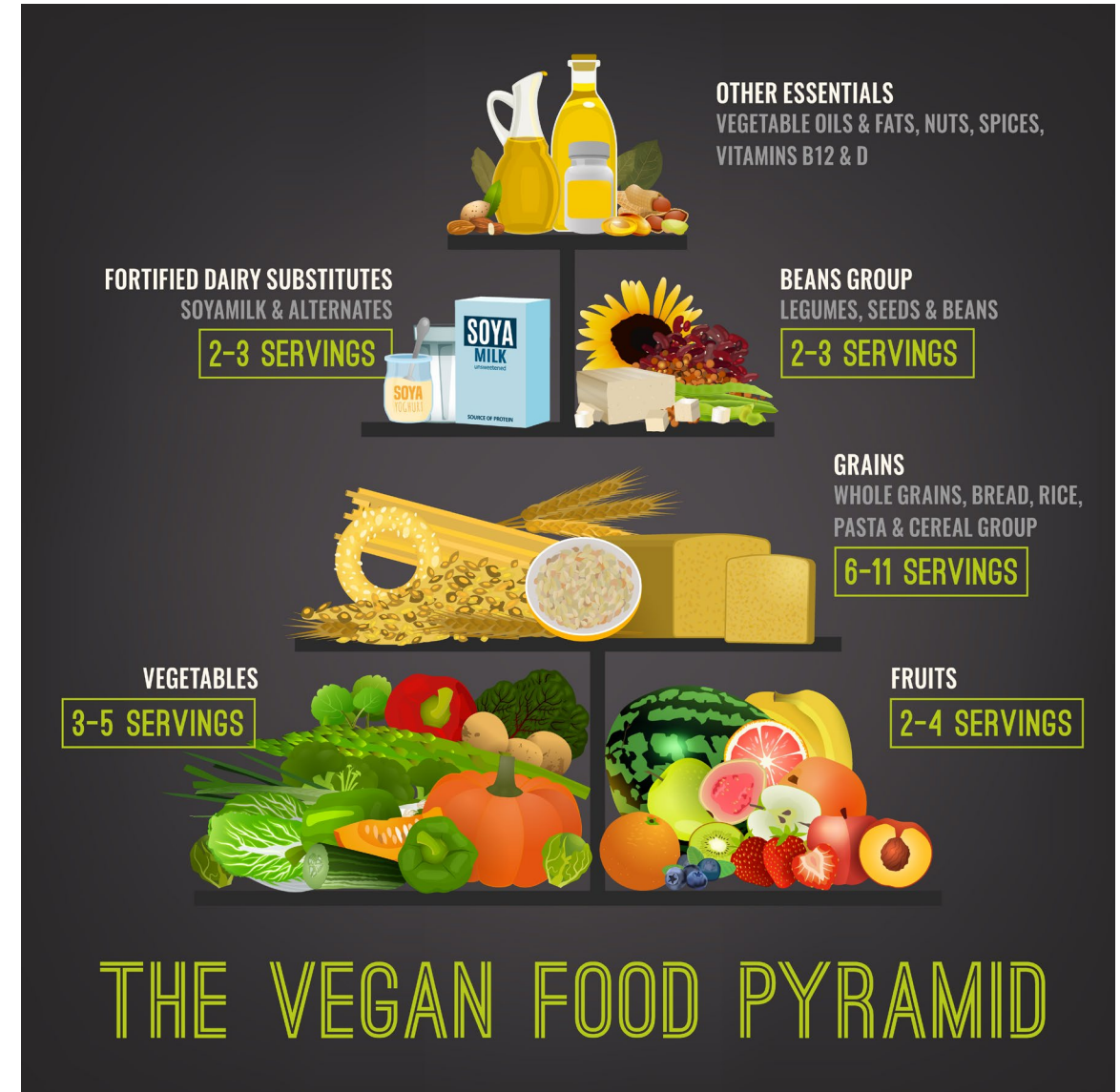


Paleo Diet – Pros and Cons

- Cuts calories
- Promotes weight loss
- Improves health markers – blood pressure, blood lipids
- Eliminates processed foods
- Promotes fresh whole foods
- Promotes home cooking
- Missing key essential nutrients by eliminating food groups
 - Calcium and vitamin D due to no dairy;
 - B vitamins, fiber and iron from grains and legumes
- Eliminates plant protein sources
- More expensive
- Difficult to stick to
- May be more time consuming

Vegan & Vegetarian Diets

- Vegan – no animal meat or animal products
- Vegetarian – some animal products allowed (milk, cheese, eggs)



Vegan & Vegetarian Diets – Pros and Cons

- Promotes fruits, vegetables, whole grains
- High fiber – promotes satiety and gut health
- May lower risk of heart disease, control blood sugar and reduce hypertension
- Vegan diets promote weight loss
- Vegetarian diets may promote weight loss if calories are restricted
- Aligns with ethical, environmental and religious/spiritual beliefs
- Increases risk of nutrient deficiencies. Lack of essential vitamins and minerals found in animal foods:
 - B12
 - Iodine
 - Iron
 - Calcium + vitamin D
 - Omega-3 fats
 - Zinc
- Requires higher amounts of complementary proteins to get all essential amino acids to support and build muscle

Gluten Free Diet

- Avoid gluten, a protein found in wheat, barley or rye products
- Medically necessary for 1% of the population with autoimmune disorder celiac disease and ~10% with gluten sensitivity/intolerance
- Heavily marketed - \$7 Billion market

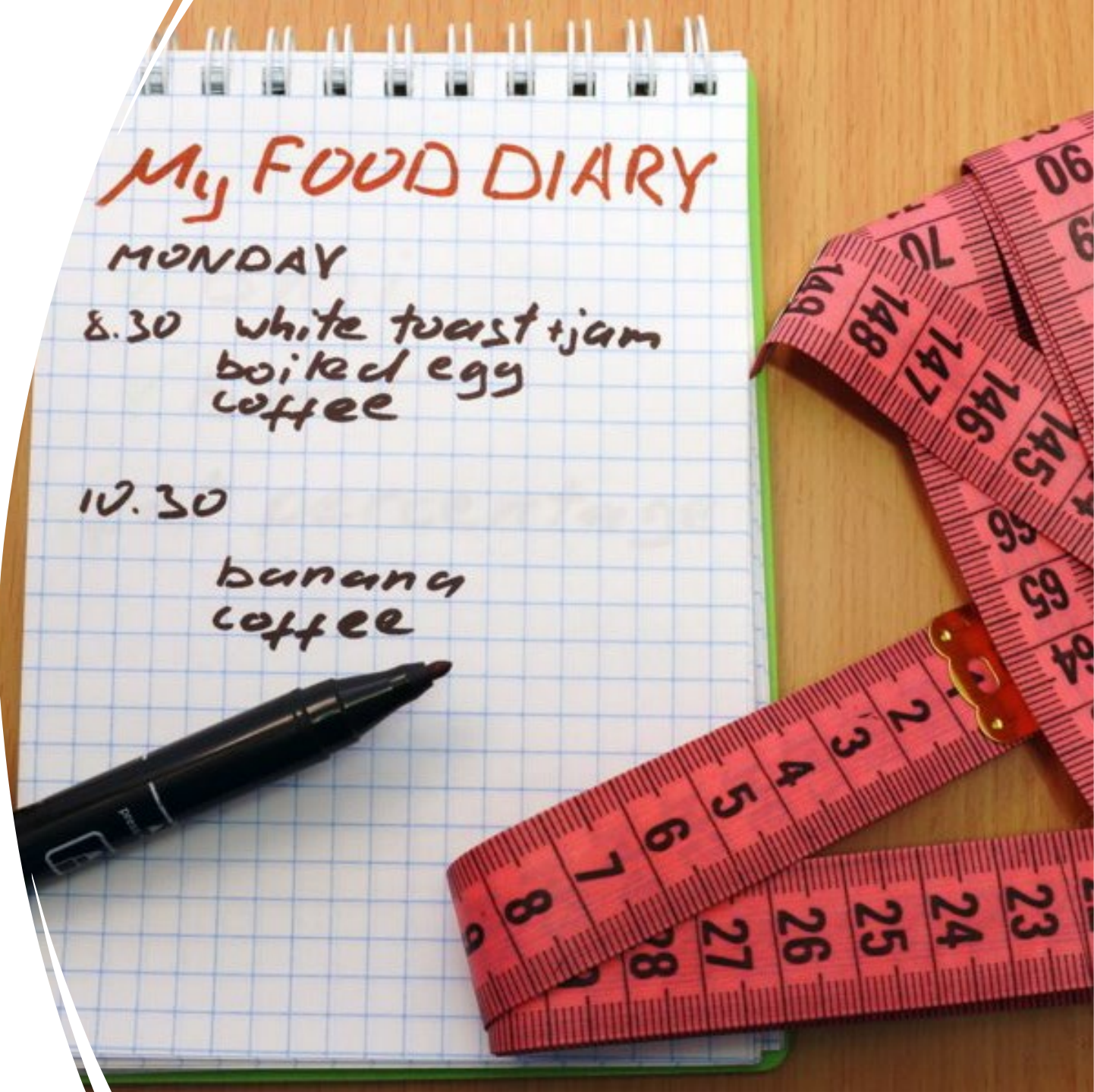


Gluten Free Diet – Pros and Cons

- Reduces calories
- May promote weight loss
- Alleviates digestive issues and inflammation in those with celiac disease and gluten sensitivity
- Eliminates processed "junk" foods
- May promote fresh fruit, veggie and lean protein intake
- Very restrictive – avoid wheat based:
 - Bread, pasta, cereals, pizza
 - Baked goods – cookies, cakes, etc
 - Snack foods – pastries, crackers, pretzels, candy, chips
 - Sauces, marinades, salad dressings
- Gluten free foods may be more expensive and higher in calories – cakes, cookies, pastries, snack foods

Calorie Counting & Macro Tracking

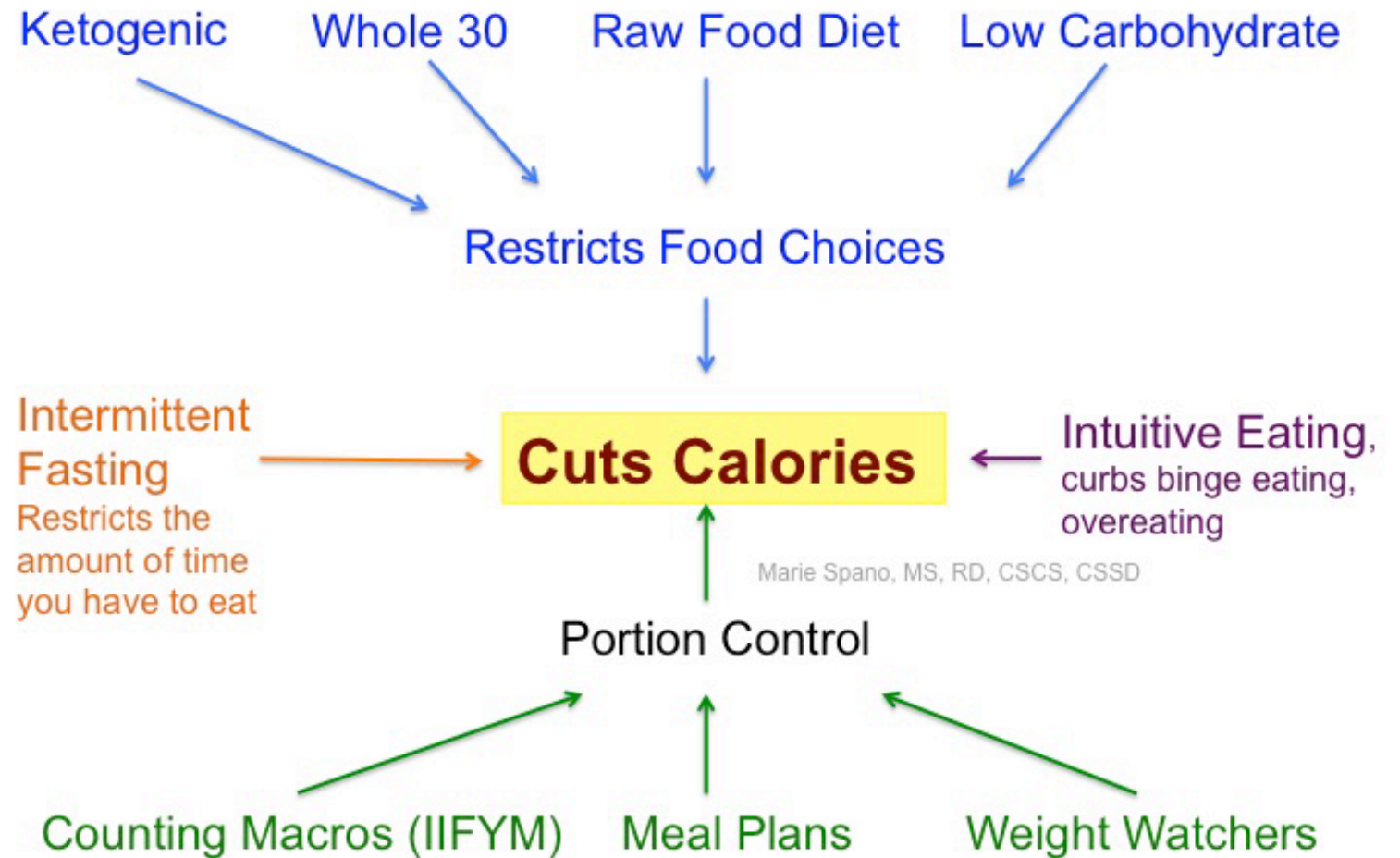
- Tracking calories of every food and beverage consumed AND/OR:
- Tracking each macronutrient:
 - Carb – 4 calories/gram
 - Protein – 4 calories/gram
 - Fat – 9 calories/gram
 - Alcohol – 7 calories/gram



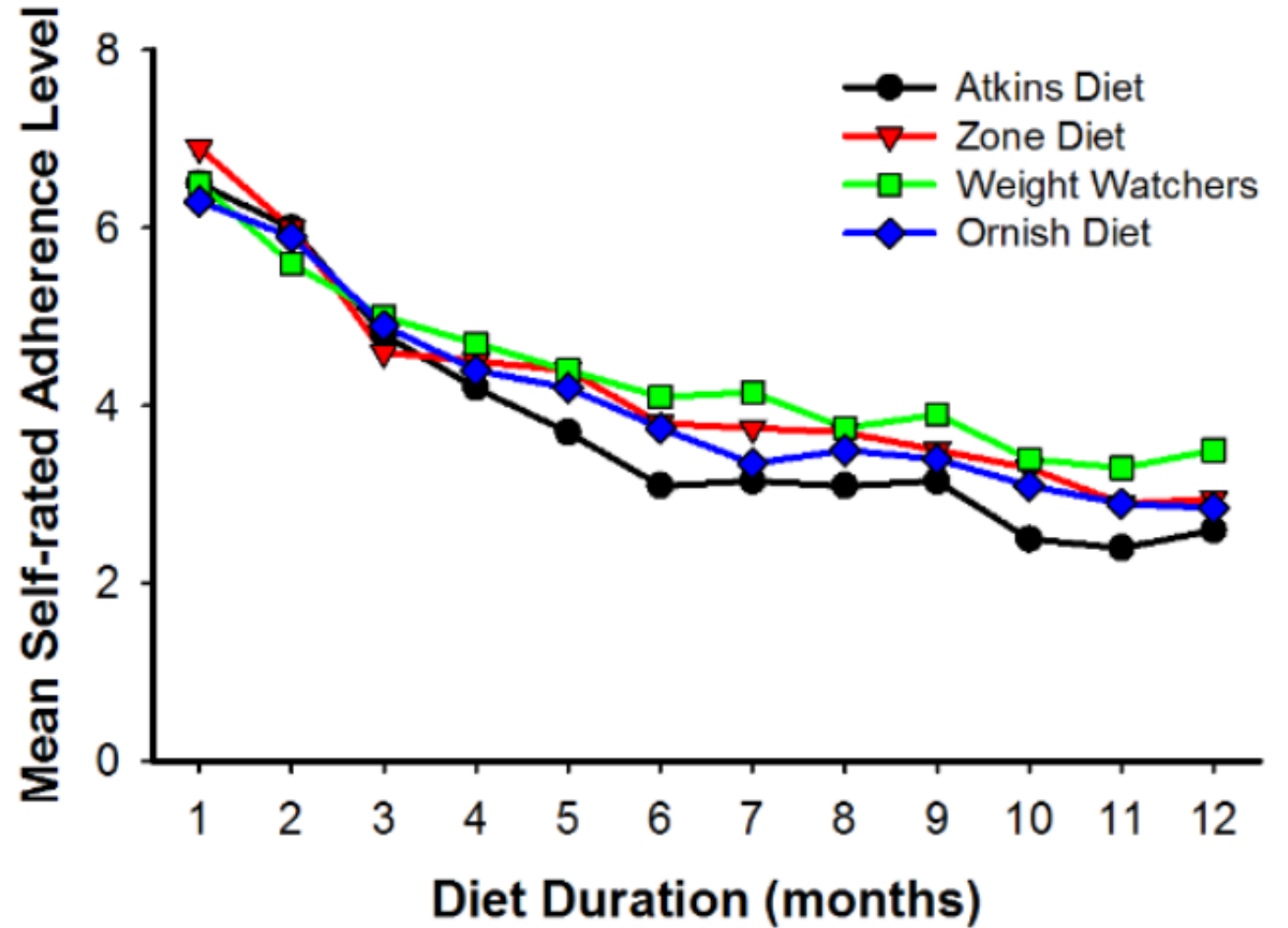
Calorie Counting & Macro Tracking – Pros and Cons

- Cuts calories
- Promotes weight loss
- Highly tailored to each individual's preferences, needs and goal
- Increases food knowledge
- No foods are banned
- Time consuming
- Food prepping - weighing and measuring foods
- Learning curve – reading food labels, calorie and macro content of various foods
- Limits eating out
- May lead to obsessive tendencies
- May lead to justifying overeating certain foods

How Weight Loss Diets Work



Dietary Adherence by Diet Type



Key Takeaway:

Diets are difficult to stick to

What is the Best Weight Loss Diet?

The one you can STICK to.

However, the best weight loss diet is not necessarily nutritious.



DIET	How it Works	Nutrients at Risk for Insufficiency		Supplements to Fill Gaps
PALEO	No dairy, grains and grain products, legumes, processed foods, alcohol	Calcium Vitamin D B vitamins	Magnesium Fiber	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Vegan MV • Calcium with Magnesium • Plant Protein • Essential Amino Acids • Vitamin D2 • Omega-3 Fats
GLUTEN FREE	Avoid 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	<ul style="list-style-type: none"> • Multivitamin & Mineral • Calcium with Magnesium • Vitamin D3 • Probiotic
INTERMITTENT FASTING	No food restrictions – no eating allowed for a specific time period Ex: 16:8 - fast for 16 hours and eat during an 8 hour window	Commonly under-consumed nutrients: Potassium, choline, magnesium Vitamins A, D, E, C Calcium, potassium, fiber Iron (for certain age/gender groups)		<ul style="list-style-type: none"> • 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: Potassium, choline, magnesium Vitamins A, D, E, C Calcium, potassium, fiber Iron (for certain age/gender groups)		<ul style="list-style-type: none"> • Multivitamin & Mineral • Omega-3 Fish Oils (as needed) • Calcium (as needed) • Vitamin D3 (as needed)

Simple + Effective Solutions

- 2Xs Greater Weight Loss & Maintenance
- MRs with diet vs diet alone
- MRs with diet vs diet plus anti-obesity drugs (2013)

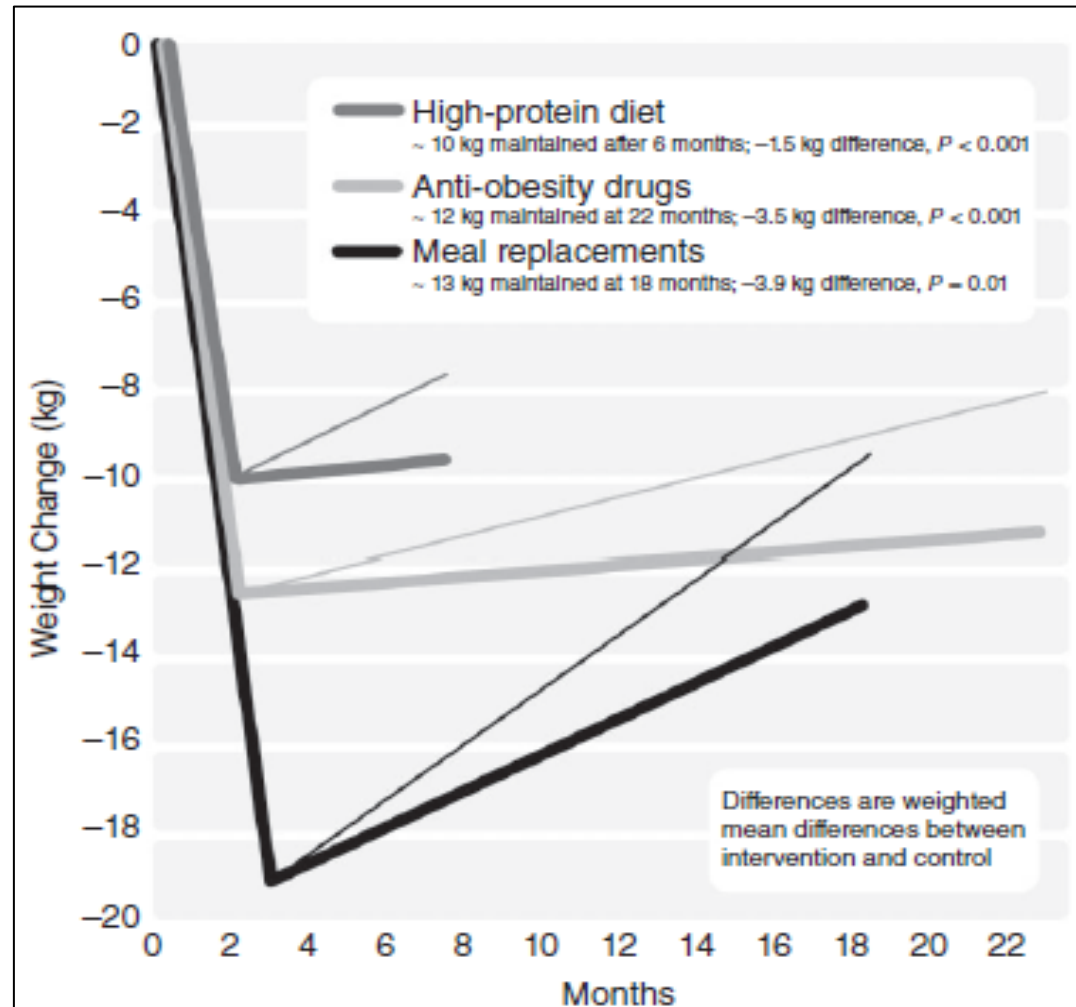


Figure 1 Bodyweight change during the very low-calorie diet or low-calorie diet period followed by the weight loss maintenance period. The thin lines represent the control subjects in each category while the thick lines represent the active intervention. (Adapted from Johansson et al. 2013a)



Safe and Effective Nutrition
Solutions to Help You and
Your Family **Grow Strong**,
Play Longer and Live Better

