INVESTIGATING FAD DIETS
A brief snapshot of 3 popular eating patterns

MAIN POINTS:
There is no one-size-fits-all when it comes to nutrition
Food quality is key!

LOW-FAT

친 Low in “all” sources of dietary fat

VERDICT:
Does not necessarily protect against heart disease
Rather than eliminating fat, try to incorporate into your diet healthy sources such as avocados, olive oil, and nuts, all of which contain vitamins and minerals

PALEO

Eliminates grains, dairy, legumes, processed foods and sugars, starches, and alcohol
Allows fruits, vegetables, lean meats, seafood, nuts, seeds, and healthy fat sources

VERDICT:
Contains a variety of whole foods, vitamins, and minerals
However, USDA recommends including legumes, whole grains, and dairy as part of a healthy diet as they also provide fiber, protein, vitamins, and minerals

JUICE CLEANSES

1 or more days of drinking fruit and/or vegetable juice, usually exclusively

VERDICT:
Little scientific evidence supporting juice cleanses as a sustainable avenue for health maintenance
Instead, try to incorporate whole fruits and vegetables into your daily eating pattern

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