



Jamie's Cliff Notes for Diet Options

The first in a 3 part diet feature series



When choosing a diet option, it can seem a bit overwhelming! Search “diet” on Pinterest, and you are sure to find a never-ending list recipes, advice, and options. Jamie dove into the deets and wants to share her quick and easy Cliff Notes of Diet Options. Her break down of some of today’s popular diet programs, will give you insight to the lingo and premise behind the options! And, reminder statement – this is not an all encompassing explanation nor meant as medical/diet advice!

Atkins	Unrestricted amounts of meat, cheese and eggs while severely restricting carbohydrates, including sugar, bread, pasta, milk, fruits and vegetables.
GAPS	The beginning stages allow broth, good quality fat, easily digested vegetables, boiled meats and the juice of fermented vegetables. Additional foods like fruit, raw vegetables and their juices, nuts and nut flours are slowly added. Excludes grains, starchy tubers, sugars (except for honey) and other foods that can potentially damage an already compromised gut.
Ketogenics	A high-fat, adequate-protein, low-carbohydrate diet. It involves drastically reducing carbohydrate intake, and replacing it with fat. The diet encourages you to track your macronutrients vs. calories.
Low FODMAPS	Limit your consumption of nutrients in the carbohydrate family; sugars (lactose and fructose), sugar alcohols (sorbitol and mannitol), and non-digestible fibers (fructans and galactans).
Low-GI	The Glycemic Index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels. The diet recommends more foods with a low glycemic index in your diet.
Macrobiotic	A dietary regimen which involves eating grains as a staple food, supplemented with other foods such as local vegetables. Avoids the use of highly processed or refined foods and most animal products.
Mediterranean Diet	Emphasis on heart-healthy fats (such as those containing Omega-3 fatty acids), seafood, vegetables, nuts and legumes, whole grains and olive oil. As well as red wine in moderation.
Paleo	Based on foods presumed to have been eaten by early humans, consisting of meat, fish, vegetables, and fruit. Excludes dairy or grain products and processed food.
South Beach	Emphasizes on eating high-fiber, low-glycemic carbohydrates, unsaturated fats, and lean protein. Categorizes carbohydrates and fats as "good" or "bad".
Vegan	A plant-based diet avoiding all animal foods and byproducts such as meat (including fish, shellfish and insects), dairy, eggs and honey.
Whole30	A 30 day program of eating do's and don'ts. Food allowed includes meat, seafood, eggs, many vegetables, some fruit, oils, nuts and seeds. Foods with very few ingredients, are totally natural or unprocessed. Avoiding all added sugar, alcohol, grains, legumes, dairy, carrageenan, MSG, or "sweets" recreated with approved foods (i.e. paleo pop tarts).

One of the BEST keys to any exercise or diet commitment is finding YOUR SUPPORT AND ACCOUNTABILITY. We'd LOVE to be your peeps - to support YOU and help hold you accountable! Seriously! We can email directly to check in (email us at customerlove@wiseheron.com), join with us on social media, or join our Closed FB Group for more direct Heron Love!

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WH TIP!
Find a meal tracker app on your phone (i.e. MyFitnessPal) for an easy way to track food & macronutrients!