

Diet Types

- ❖ Vegetarian – Those who strictly eat foods only from plant sources and do not eat or use animal products
 - Benefits – Low in fat and calories
 - Limitations – No heme iron source, difficult to get Omega 3 fatty acids
 - 5 Common Foods – Leafy greens, Peppers, Bananas, Berries, Apples
 - 3 Common Nutrient Excess/Deficiency
 - ◆ Often deficient in – Iron, Vitamin D, and Vitamin E
- ❖ Low carb – Those who severely restrict their carbohydrate and sugar intake
 - Benefits – Low calorie, high in protein and iron
 - Limitations – Less dietary fiber and lower in some vitamins
 - 5 Common Foods – Lean beef, poultry, eggs, avocado, leafy green vegetables
 - 3 Common Nutrient Excess/Deficiency
 - ◆ Often deficient in Vitamin C, E, and magnesium
- ❖ Western Diet– Common diet of Americans and other “western cultures”
 - Benefits – Items have long shelf life, many fortified with vitamins and minerals
 - Limitations – Very little fresh fruit and vegetables, high in fat, calories, and carbohydrates
 - 5 Common Foods – Meat, dairy products, refined grains, white starches (rice, potatoes, bread), and sweetened drinks and snacks
 - 3 Common Nutrient Excess/Deficiency

- ◆ Often deficient in Vitamin D, Iron, and Zinc

- ❖ Mediterranean Diet – Common in the Mediterranean region of the world, high in Omega 3 fatty acids and considered low carb

- Benefits – No processed foods, low carb, high in antioxidants

- Limitations – Not much if any dairy or fortified grains

- 5 Common Foods – fish, vegetables, healthy oils, nuts, fruit, and eggs

- 3 Common Nutrient Excess/Deficiency

- ◆ Often deficient in Calcium, iron, and Vitamin D