

Diet Name	Goal/ Plan
Alkaline Diet	Avoid acid forming foods and habits – increase water intake
American Heart Association – Low Sodium Diet	Heart Health/ Limit Sodium to 1500mg per day
Anti-Inflammatory Diet	High intake of antioxidant rich fruits and vegetables, omega rich fatty acids, cold water fish, turmeric and cinnamon (similar to Mediterranean Diet) Avoids: red meat, processed grains, sugar
Atkins Diet	Weight Loss/ Carbohydrate Restriction – initially 20 grams of Carbohydrates per day
Consistent Carbohydrate Diet – Diabetic Diet	Stabilize blood sugar/ Equal amount of Carbohydrates each meal
Dietary Approaches to Stop Hypertension – DASH Diet	Reduce Blood Pressure/ Limit Sodium to 2300mg per day
Gluten Free – Celiac Disease Diet	Avoid all gluten containing products i.e. wheat, barley, rye, triticale, and some oats
Glycemic Index Diet	Stabilize blood sugar/ Weight loss/ Distinguishes Good Carbohydrates from Bad Carbohydrates
Intermittent Fasting i.e. Dubrow Diet, Fasting Diet, Snake Diet	Calorie restriction through limited eating window or cycles of fasting
Ketogenic Diet (Various versions of Ketogenic diet alter the Macronutrient break down)	Weight Loss / Standard Calorie break down: 75% Fat, 5% Carbohydrates, 20% Protein
Low Lectin Diet/ Dr. Gundry Plant Paradox	Avoid foods with lectin proteins including Nightshade vegetables/fruits, legumes, squash, corn, corn fed animal products including A1 milk
Macrobiotic Diet	Meditative diet aimed to achieve inner balance/ primarily whole grains and whole living foods
Mayo Clinic Diet	Weight Loss/ Healthy eating/ Follows Mayo Clinic food pyramid
Mediterranean Diet	Longevity, Cancer prevention, Heart Health
Mediterranean-DASH Intervention for Neurodegenerative Delay -MIND Diet	Limited evidence to suggest slows the development of Alzheimer's/ combines Mediterranean and DASH diets
Paleo Diet	Restricts grains and processed foods (also referred to as the caveman diet)
Raw Food Diet	Nothing heated over 115 degrees Fahrenheit
Renal Diet – Low Sodium, Potassium, Phosphorus and Protein	Reduce waste load on kidneys (individuals receiving Dialysis require higher Protein intake)
Vegetarian Diets (several types described below)	Limit or avoid animal consumption
Flexitarian	Plant based diet with occasional meat/animal product consumption
Lacto-Vegetarian	Plants and dairy products / no animal flesh or eggs
Lacto-Ovo Vegetarian	Plants, dairy and eggs/ no animal flesh

Pescatarian	Plants and seafood including fish/ no other meat or eggs
Pollotarian	Plants and poultry, fowl and eggs
Vegan Diet	No animal products or by-product
Very Low Calorie Diet (VLC)	Weight Loss (Metabolic Alterations) Limit 800 Calories per day/ Micronutrient dense
Volumetrics Diet	Weight loss/ Healthy eating/ based on Calorie density of foods
Weight Watchers	Assign points values to food based on Calories, Fat and Fiber content. Generally, encourages healthful eating and calorie reduction.
Zone Diet	Every meal includes 40% Carbohydrates, 30% Protein, 30% Fat by volume