



## Popular Diets:

### If It Sounds Too Good to Be True, It Probably Is

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#### Introduction

The promotion of different “diets” or diet programs has become rampant in our modern society, with many making erroneous claims about weight loss and healthy lifestyles. It can seem that each time you hop on the computer or catch the news a groundbreaking way to shed pounds and get the perfect body is being touted.

Sometimes these “revolutionary” diet programs recommend eliminating specific foods or food groups while combining others and using “specially formulated supplements” to shed pounds, build muscle, and cleanse the body of harmful toxins. However, on closer inspection, these claims and recommendations are not backed up by quality scientific studies in humans, nor are they developed by legitimate nutrition professionals (e.g., registered dietitians).

Unfortunately, no food or supplement will magically take off extra weight or improve your mood. Eating more of one food and none of another won’t supercharge your metabolism or melt away fat. There aren’t any quick fixes when attempting to lose weight, maintain a healthy body size, or prevent the onset of disease.

Some of these popular diets and diet programs blame weight gain on hormones, blood type, or a specific food. They encourage immediate weight loss, suggest specific combinations of foods, restrict some foods while promoting others, do not allow flexibility, use case studies or personal testimonials to validate their claims, and/or promote (or sometimes require) the purchase of a pill, shake, or formula.



#### Important Questions to Ask

So how can you tell if a diet is a fact or fraud? Ask these questions:

- Do sound, quality scientific trials (more than one study) done in humans align with the diet’s claims?
- Do the diet’s claims correspond with the Dietary Guidelines for Americans (available at [www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf](http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf))?
- What are the credentials of the diet’s developer or founder?
- Are supplements and/or pills necessary for success on the diet? Are they necessary because certain foods and/or food groups are considered taboo?
- Does the diet emphasize one food group over another? Is there a food that must be eaten daily or at each meal?

- Does the diet start with extreme caloric restriction or a fast?
- Are dramatic, too-good-to-be-true results promised over a short period of time? (A healthy and reasonable weight loss is about 1 to 2 pounds per week.)
- Does the diet highlight both the benefits and risks associated with it?
- Are megadoses of specific nutrients, vitamins, or minerals required or recommended?

While this list is not exhaustive, it can be used as a basis for assessing the appropriateness of popular diets.

## Overview of Popular Diets

The table that follows provides a summary of the claims, pros, and cons of some popular diets. The list is not all-inclusive; however, it can be used as a reference. For further information or counsel on other diet trends, please consult a Virginia Cooperative Extension family and consumer sciences agent. Contact information for local VCE offices can be found at [www.ext.vt.edu/offices](http://www.ext.vt.edu/offices).

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<b>Atkins diet</b>	<ul style="list-style-type: none"> <li>Promises better heart health, memory function, and weight loss on a diet of low carbs that is rich in protein and fat.</li> <li>By drastically decreasing carbs and eating increased protein and fat will lead to good health and prevent disease.</li> <li>12-week program of low carbs and physical activity will help attain health, peak fitness, and maximize willpower to reach life goals.</li> </ul>	<ul style="list-style-type: none"> <li>All foods with refined sugars.</li> <li>Milk.</li> <li>White rice, flour, and pasta.</li> <li>Potatoes.</li> <li>Carbs (for the first two weeks).</li> </ul>	<ul style="list-style-type: none"> <li>Meat, eggs, cheese, fish, olive oil.</li> <li>Some whole grains, fruits, and vegetables (after first two weeks).</li> </ul>	<ul style="list-style-type: none"> <li>Exercise in all phases.</li> <li>12 weeks of meal plans.</li> <li>Allows what are typically considered "forbidden" or "cheat" foods (e.g., cream, high fat, meat, butter).</li> </ul>	<ul style="list-style-type: none"> <li>Increased cholesterol.</li> <li>Constipation (from lack of fiber) and bad breath (from lack of carb intake, causing ketosis).</li> <li>Recommends supplements because not getting enough nutrients from foods like fruits and vegetables and to prevent dizziness, fatigue, and leg cramps.</li> <li>May promote heart disease, strokes, and cancer.</li> <li>Very restrictive/ limited.</li> <li>Less than minimal carbs for brain function (i.e., &lt;130 grams per day).</li> <li>No scientific literature to verify claims and mainly personal accounts (i.e., anecdotal) or testimonials are used to justify claims of increased energy, better concentration, decreased cravings, increased mood, and decreased depressive symptoms.</li> </ul>

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<p><b>“Biggest Loser” diet</b></p>	<ul style="list-style-type: none"> <li>• Low-calorie diet based on fruits, vegetables, lean protein, and physical activity.</li> <li>• Will decrease blood pressure, cholesterol, weight, and increase energy.</li> </ul>	<ul style="list-style-type: none"> <li>• White bread, regular pasta, potatoes.</li> <li>• Refined sugars and grains.</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit, vegetables.</li> <li>• Whole grains.</li> <li>• Lean protein.</li> <li>• Foods without added sugars, fat, and salt.</li> <li>• Healthy fats (e.g., olive oil, canola oil, flax seed oil, nuts, seeds).</li> </ul>	<ul style="list-style-type: none"> <li>• Monitoring with daily food logs.</li> <li>• Monitoring of portion sizes.</li> <li>• Daily exercise.</li> <li>• Promotes 48-64 ounces daily water intake.</li> <li>• Fruit and vegetables recommended over juice and dried fruit.</li> <li>• Whole grains with specific fiber recommendations.</li> <li>• Support (social).</li> <li>• Increased fiber intake.</li> <li>• Small, frequent meals.</li> </ul>	<ul style="list-style-type: none"> <li>• May not be enough carbs for some people.</li> <li>• Inaccurate method to estimate calorie requirements.</li> <li>• Many not be adequate calories (e.g., 1,050 calories for a 150-pound person).</li> <li>• Questionable calcium intake.</li> </ul>

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<b>Blood type diet (“Eat Right for Your Blood Type”)</b>	<ul style="list-style-type: none"> <li>• Blood type affects digestion and some foods are dangerous if not right for your blood type.</li> <li>• If you eat the wrong foods for your blood type, it can slow your metabolism, cause inflammation, bloating, and diseases like cancer.</li> <li>• Some foods act as poisons while others are “highly beneficial” or “neutral.”</li> <li>• Blood type impacts how you should exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Depends on blood type, but can include chicken, beef, pork, wheat, corn, lentils, grains, breads, legumes, whole wheat, and wheat germ.</li> </ul>	<ul style="list-style-type: none"> <li>• Depends on blood type, but can include lean meats, poultry, fish.</li> <li>• Soy protein.</li> <li>• Grains.</li> <li>• Organic vegetables.</li> <li>• Tofu.</li> <li>• Dairy.</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit and vegetable consumption.</li> <li>• Lean sources of protein.</li> </ul>	<ul style="list-style-type: none"> <li>• Very restrictive.</li> <li>• No science to back it up.</li> <li>• Not individualized for preferences or needs.</li> <li>• May lack dairy.</li> </ul>

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<b>Detox diets</b>	<ul style="list-style-type: none"> <li>Removing toxins will promote decreased weight and optimal body functioning and boost metabolism.</li> <li>Some recommend “cleanses” via supplements and enemas.</li> <li>Typically starts with a fast followed by reintroduction of fruit and vegetables, water, and supplements.</li> <li>Toxins stay in our bodies, causing fatigue, digestive problems, and other health problems.</li> </ul>	<ul style="list-style-type: none"> <li>Varies according to diet.</li> <li>Typically dairy, eggs, grains (oats, corn, wheat).</li> <li>Pork, beef, sausage.</li> <li>Nuts, seeds, oils.</li> <li>Alcohol.</li> </ul>	<ul style="list-style-type: none"> <li>Fruits and vegetables (after initial fast).</li> <li>Water.</li> </ul>	<ul style="list-style-type: none"> <li>Avoidance of processed foods and foods high in sugar and fat.</li> </ul>	<ul style="list-style-type: none"> <li>No scientific evidence backing methods used in diets; based on testimonials.</li> <li>Promises a quick fix.</li> <li>Supplements with unknown or questionable ingredients.</li> <li>Electrolyte imbalances.</li> <li>May slow metabolism because so low in calories.</li> <li>Fatigue, nausea, vomiting, bloating.</li> <li>Causes public to think that our bodies cannot properly rid themselves of toxins.</li> <li>Decreased protein intake.</li> <li>Unsupervised use of enemas.</li> </ul>

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<b>Grapefruit diet</b>	<ul style="list-style-type: none"> <li>• Claims grapefruit has an enzyme that, when eaten with fats and high-protein foods, increases fat burning, resulting in weight loss.</li> <li>• 12-day plan promises a 10-pound weight loss by eating 1/2 grapefruit or specified amount of 100% grapefruit juice before each meal.</li> <li>• Meals are the same each day of the diet, differing only in the type/ source of protein eaten at lunch and dinner.</li> </ul>	<ul style="list-style-type: none"> <li>• All fruit except grapefruit.</li> <li>• All grains.</li> <li>• Corn, carrots, beans, peas.</li> <li>• High-carb salad dressing.</li> </ul>	<ul style="list-style-type: none"> <li>• Nonstarchy vegetables (lettuces, broccoli, bell peppers, zucchini, cucumbers).</li> <li>• Salt.</li> <li>• Cheese.</li> <li>• Nuts.</li> <li>• Some high-fat meats (e.g., bacon).</li> <li>• Low-carb salad dressing.</li> </ul>	<ul style="list-style-type: none"> <li>• Promotes water consumption.</li> <li>• Good amount of vitamin C and fiber.</li> <li>• Meals may be easy to prepare.</li> <li>• Sufficient vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>• Rapid weight loss.</li> <li>• Insufficient calories.</li> <li>• Limits grains and some fruits.</li> <li>• Snacking only after dinner.</li> <li>• Limited amounts of foods to choose from/lacks variety.</li> </ul>

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<b>Jenny Craig</b>	<ul style="list-style-type: none"> <li>• Three-level program to decrease weight and keep it off using a balanced diet and regular physical activity.</li> <li>• Starts with prepackaged meals with ultimate goal of having people purchase and prepare meals themselves.</li> </ul>	<ul style="list-style-type: none"> <li>• None.</li> </ul>	<ul style="list-style-type: none"> <li>• All foods in moderation with emphasis on fruits, vegetables, whole grains, low-fat dairy, unlimited nonstarchy vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>• Certified professionals “advise” the program.</li> <li>• Teaches portion size, meal planning and preparation, and how to deal with eating out.</li> <li>• Dedicated to weight maintenance, addressing behavioral aspect of foods, and exercise.</li> <li>• Extensive support.</li> </ul>	<ul style="list-style-type: none"> <li>• Questionable about learning portion sizes because it’s hard to compare real foods to the portions in prepackaged meals.</li> <li>• Support staff not necessarily dietetic professionals.</li> </ul>

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<b>Mediterranean diet</b>	<ul style="list-style-type: none"> <li>• Not a diet but a way of life that provides ample healthy fats and plant foods with regular physical activity that will improve heart health and decrease the risk of cardiovascular disease, cancer, obesity, and diabetes.</li> </ul>	<ul style="list-style-type: none"> <li>• Saturated fat, sodium, sweets, meat (not necessarily avoid them, but limit to small amounts).</li> <li>• Processed foods.</li> <li>• Fried foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Fruits, vegetables, beans, whole grains, extra-virgin olive oil, yogurt, fish, poultry, eggs, some cheese.</li> </ul>	<ul style="list-style-type: none"> <li>• Includes healthy fats.</li> <li>• Physical activity.</li> <li>• Many antioxidants, minerals, vitamins.</li> <li>• Decreased saturated fat and added sugars.</li> <li>• Includes lifestyle aspect.</li> <li>• Palatable (tastes good).</li> <li>• Some studies show decreased total cholesterol, triglycerides, blood pressure, and LDL cholesterol; increased HDL cholesterol.</li> <li>• Decreased intake of refined grains, high-fat dairy, and red meat.</li> </ul>	<ul style="list-style-type: none"> <li>• Food preparation.</li> <li>• Not necessarily used for weight loss.</li> </ul>

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<b>Nutrisystem</b>	<ul style="list-style-type: none"> <li>• Claims to be a convenient, healthy weight management program that provides a variety of microwave-ready food selections to promote better blood sugar control; decrease cravings and fat intake; and increase fiber, lean protein consumption, and feelings of fullness.</li> <li>• Pre-portioned, frozen food selections are delivered to a person's home on a monthly basis.</li> </ul>	<ul style="list-style-type: none"> <li>• Sugar, white bread, cakes, processed foods, alcohol.</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit, vegetables, milk, lean protein.</li> </ul>	<ul style="list-style-type: none"> <li>• Decreased intake of saturated and trans fats and sodium.</li> <li>• Variety of foods.</li> <li>• Portion control.</li> <li>• Convenient.</li> <li>• Rich in whole grains and (potentially) fiber.</li> <li>• Can be individualized for vegetarians and those with diabetes.</li> <li>• No weighing, counting, cooking (takes the thinking out of meal planning).</li> <li>• Counseling with "health advisor."</li> <li>• Encourages snacking.</li> <li>• Support (online, phone, behavior guide, and exercise CD).</li> </ul>	<ul style="list-style-type: none"> <li>• Maybe not enough calories.</li> <li>• Questionable learning meal preparation techniques and portion sizes.</li> <li>• May not be sustainable because participants do not learn how to do things on their own.</li> <li>• Because no weighing, counting, or cooking of foods is required, it may discourage learning basic meal planning and food preparation skills needed to maintain a healthy weight.</li> </ul>

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<p><b>Paleo (caveman) diet</b></p>	<ul style="list-style-type: none"> <li>• Eating plan based on food that cavemen/ancestors ate thousands of years ago.</li> <li>• Our bodies are biologically made to eat plants and wild animals.</li> <li>• Promotes health and decreases the incidence of chronic disease.</li> <li>• Claims our genes haven't adapted to digest the foods we have available today that can contribute to inflammation, which leads to disease.</li> <li>• Typical diet causes obesity, diabetes, heart disease.</li> <li>• Some versions encourage fasting and elimination of some fruits and vegetables.</li> <li>• If you can hunt it, pick it, or grow it, you can eat it.</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grains.</li> <li>• Legumes.</li> <li>• Dairy.</li> <li>• Sugar.</li> <li>• Processed oils.</li> <li>• Potatoes.</li> <li>• Salt.</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables.</li> <li>• Roots.</li> <li>• Fruits (some).</li> <li>• Eggs.</li> <li>• Meat.</li> <li>• Fish/shellfish.</li> <li>• Water.</li> <li>• Coconut water.</li> <li>• Organic green tea.</li> <li>• Diet soda.</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin B-12 and iron from lean protein.</li> <li>• Increased fiber.</li> <li>• Decreased fat, salt/sodium, sugar.</li> </ul>	<ul style="list-style-type: none"> <li>• Restrictive and almost impossible to truly eat like a caveman.</li> <li>• No dairy, whole grains, legumes.</li> <li>• Eliminates food groups.</li> <li>• Can lead to nutrient deficiencies if followed long-term (calcium and vitamin D).</li> </ul>

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<b>Personality diet</b>	<ul style="list-style-type: none"> <li>Not a one-size-fits-all diet that is primarily plant-based and catalogues a person into certain personality categories depending on answers to 60+ questions related to behaviors and beliefs toward dealing with conflict, exercise, and eating (e.g., nighttime nibbler, unguided grazer, fruitless eater, mindless muncher).</li> <li>Aims to answer why we eat like we do or why we start exercising but tend to give up? Attempts to find reasons and fix them, resulting in a lifestyle that encompasses weight loss and long-term weight maintenance.</li> </ul>	<ul style="list-style-type: none"> <li>Red meat. <b>Note:</b> Lean red meat is permitted but not encouraged.</li> </ul>	<ul style="list-style-type: none"> <li>Soy products.</li> <li>Seeds and nuts.</li> <li>Fruits and vegetables.</li> <li>Whole grains.</li> <li>Lean poultry.</li> <li>Fish.</li> </ul>	<ul style="list-style-type: none"> <li>Looks at beneficial aspects of food intake, which may be the root of disordered eating patterns (addresses the relationship with food).</li> <li>Personalized on age and weight.</li> <li>Flexible.</li> <li>Decreased fat intake.</li> </ul>	<ul style="list-style-type: none"> <li>Some relationships with food may be rooted in deeper emotional stressors and need more in-depth counseling.</li> <li>May not be suitable for people who like meat.</li> </ul>

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<b>Raw food diet (rawism)</b>	<ul style="list-style-type: none"> <li>Plant foods in unprocessed, uncooked form are best for the body.</li> <li>Cook using food dehydrators with temperatures not exceeding 118° F because high heat removes vitamins and enzymes necessary for digestion.</li> </ul>	<ul style="list-style-type: none"> <li>Alcohol.</li> <li>Refined sugars.</li> <li>Caffeine.</li> </ul>	<ul style="list-style-type: none"> <li>Sprouts.</li> <li>Whole grains.</li> <li>Beans.</li> <li>Seaweed.</li> <li>Nuts.</li> <li>Dried fruit.</li> </ul>	<ul style="list-style-type: none"> <li>Decreased risk of developing bladder, stomach, throat, and mouth cancers.</li> <li>Better blood glucose control.</li> <li>Decreased cholesterol.</li> <li>Increased fiber intake.</li> <li>Decreased intake of sugar and fat.</li> </ul>	<ul style="list-style-type: none"> <li>Time for meal preparation.</li> <li>It's the body that makes enzymes for digestion, not the food we put into our body.</li> <li>Cooking food below 118° F may not destroy food-borne bacteria.</li> <li>Potentially insufficient vitamin B-12, omega-3, calcium, iron, or protein intake.</li> </ul>
<b>South Beach diet</b>	<ul style="list-style-type: none"> <li>Americans are carb crazy, so the diet's first two-week phase is meant to decrease carb cravings.</li> <li>Promises to make participants want to eat less and better foods.</li> <li>Uses the glycemic index to justify making carbohydrate/ food choices.</li> <li>Can be considered a "heart healthy" Atkins diet.</li> </ul>	<ul style="list-style-type: none"> <li>Unhealthy fats (e.g., trans, saturated fats).</li> <li>Avoid foods for the first two weeks, then highly discourages potatoes, fruit, bread, cereal, rice, pasta, beets, corn, carrots.</li> <li>Alcohol.</li> <li>Tomatoes and onions (limited during initial phase, but OK thereafter).</li> </ul>	<ul style="list-style-type: none"> <li>Healthy fats (poly-/ monounsaturated fats from nuts, seeds, oils).</li> <li>Low-sugar carbs.</li> </ul>	<ul style="list-style-type: none"> <li>Promotes snacking.</li> <li>Variety of prepackaged foods (snack bars, frozen meals) available at most food markets.</li> <li>Emphasis on normal portions and no gorging.</li> <li>Rich in fruits, vegetables, lean protein.</li> <li>Whole grains permitted.</li> </ul>	<ul style="list-style-type: none"> <li>Restrictive even after initial two-week phase.</li> <li>Introductory phase may cause electrolyte disturbances.</li> <li>Not individualized.</li> </ul>

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<p><b>“Sugar Busters!” diet</b></p>	<ul style="list-style-type: none"> <li>• Claims that sugar is toxic and by avoiding sugary/high-glycemic index foods, fat will be burned, insulin resistance and cholesterol will decrease, energy will soar, and optimal wellness will be achieved.</li> </ul>	<ul style="list-style-type: none"> <li>• Any food with refined sugar.</li> <li>• Potatoes; corn; white rice, pasta, and bread; corn syrup; beer; sugary beverages; carrots; beets; ripe bananas; raisins; bacon; fried chicken; cold cuts.</li> </ul>	<ul style="list-style-type: none"> <li>• Fibrous vegetables.</li> <li>• Stone-ground whole grains.</li> <li>• Lean protein.</li> <li>• Some fruit.</li> <li>• Dairy.</li> <li>• Some cereals without added sugar.</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on portion sizes to cut calories (no counting calories).</li> <li>• Encourages use of healthy fats and methods of meal preparation.</li> <li>• Snacking is promoted (with restrictions; see Cons).</li> </ul>	<ul style="list-style-type: none"> <li>• Authors contend that calories do not cause weight gain or loss and that exercise will not be beneficial if sugary foods are eaten.</li> <li>• Snacking with restrictions (e.g., fruits and nuts recommended, but they must not be combined).</li> <li>• Diet alone does not cause insulin resistance.</li> </ul>

Diet	Description Claims	Foods to Avoid	OK Foods	Pros	Cons
<b>Weight Watchers PointsPlus (updated Weight Watchers)</b>	<ul style="list-style-type: none"> <li>• “Safe, effective, and steady weight loss program using cutting-edge weight loss science.”</li> <li>• Old points system updated with “PointsPlus,” which allots points in a new way, accounting for foods with increased fiber and protein to encourage satisfaction and healthy weight loss.</li> <li>• Fruits and vegetables are free foods to encourage greater consumption.</li> <li>• Can be online, in-person or both.</li> <li>• All foods can fit into a certain individualized calorie range.</li> </ul>	<ul style="list-style-type: none"> <li>• None.</li> </ul>	<ul style="list-style-type: none"> <li>• All, while encouraging “power foods,” like fruits and vegetables, low-fat dairy, lean protein.</li> </ul>	<ul style="list-style-type: none"> <li>• Balanced nutritionally.</li> <li>• Slow, healthy weight loss.</li> <li>• Holistic aspects (i.e., behavior modification, exercise, diet, and social support are part of the program).</li> <li>• Many commercially available foods.</li> <li>• Individualized calorie level based on age, weight, gender, height.</li> <li>• Follows the Institute of Medicine macronutrient distribution.</li> <li>• Flexibility.</li> <li>• Pocket guide, online, database, and phone apps available for support.</li> </ul>	<ul style="list-style-type: none"> <li>• Individual activity level may not be considered in points system.</li> <li>• Fruit can be a source of significant calories.</li> </ul>

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<p><b>Wheat belly diet, G-free (gluten-free) diet</b></p>	<ul style="list-style-type: none"> <li>Wheat is addictive, causing uncontrolled eating and withdrawal symptoms if it is not consumed.</li> <li>Author of "Wheat Belly," Dr. William Davis, contends that diabetes, insomnia, joint pain, asthma, and acid reflux can be cured by avoiding wheat.</li> <li>Wheat is the cause of central obesity and fat storage because the gluten in today's wheat is responsible for the increase in celiac disease and other inflammatory diseases.</li> <li>Claims that eliminating gluten/wheat will boost energy and improve attention.</li> <li>Can be similar to other low-carb diets</li> </ul>	<ul style="list-style-type: none"> <li>Processed snacks.</li> <li>All sources of wheat and wheat flour.</li> <li>Rye.</li> <li>Barley.</li> <li>Oats.</li> <li>Bread and pasta.</li> <li>Non-cheese dairy.</li> <li>Legumes and beans (limited to only 1/2 cup serving).</li> <li>Dried fruit.</li> <li>Cookies.</li> <li>Crackers.</li> <li>Cream of Wheat, breakfast cereals.</li> <li>Soy and vegetarian products.</li> <li>Processed meats.</li> <li>Potatoes, corn meal, rice flour.</li> </ul>	<ul style="list-style-type: none"> <li>Fish, poultry, eggs.</li> <li>Nuts.</li> <li>Nonstarchy vegetables.</li> <li>Limited fruits (e.g., 2 strawberries, 10 blueberries).</li> <li>Rice.</li> <li>Quinoa.</li> <li>Cheese.</li> </ul>	<ul style="list-style-type: none"> <li>Decreased processed, high-sugar and -fat foods.</li> <li>Healthy fats.</li> </ul>	<ul style="list-style-type: none"> <li>Limited whole grains.</li> <li>Evidence is based on small sample size and contained several limitations.</li> <li>Gluten-free does not mean decreased calories, sugar, and fat.</li> <li>Potential nutritional deficiencies (iron, B-vitamins, calcium, magnesium, vitamin D, and fiber).</li> <li>Cost of foods.</li> <li>Some studies show that not eating gluten may actually be associated with weight gain.</li> <li>Other research suggests that wheat and starches in wheat help to make good gut bacteria so avoidance of wheat can be detrimental to digestion and some other health conditions.</li> <li>Highly restrictive.</li> </ul>