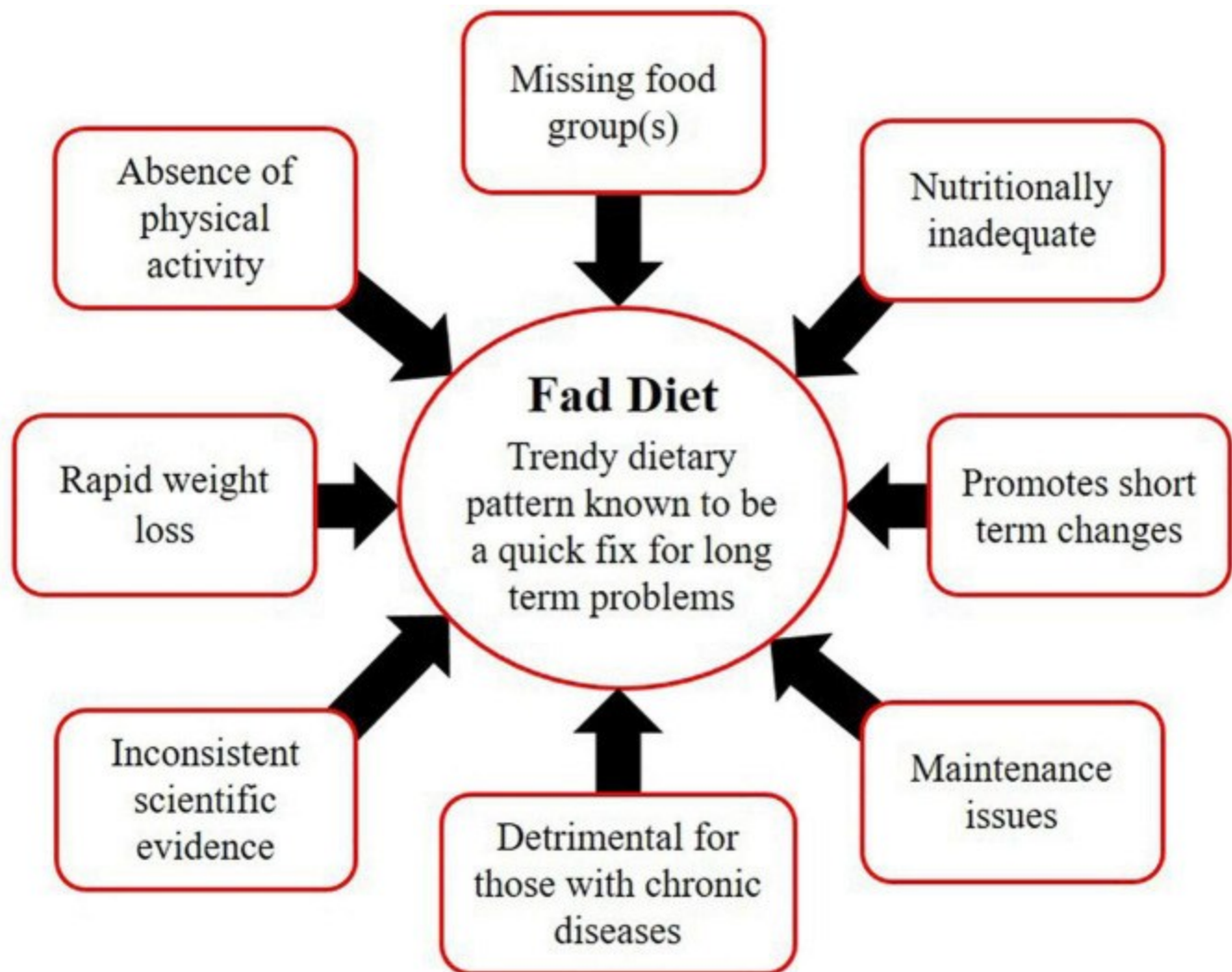


## Keto and Paleo and Carnivore, Oh My!

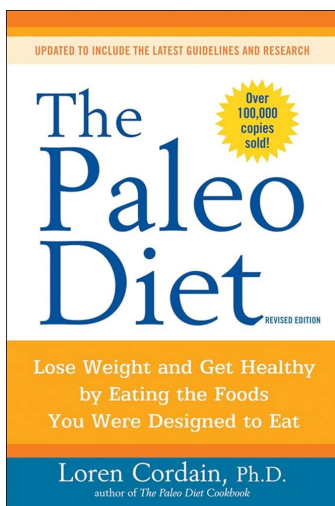
### What You Should Know About Fad Diets

For the longest time, one of the main research topics in the nutrition community has been: what is the “healthiest” way to eat? Studying this topic has produced some interesting diets, including Keto, Paleo, the Carnivore diet and Intermittent Fasting. There is so much confusing information available about whether any of these eating patterns are helpful for managing chronic conditions or with weight loss. Continue reading for more information on these and other diets.



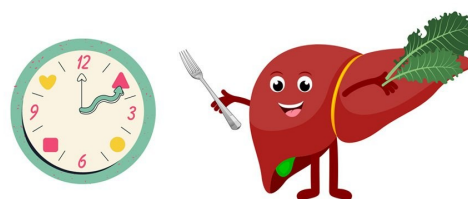
## What IS a Fad Diet?

- ⇒ An eating pattern that typically promises quick results (weight loss or disease management) through restriction.
- ⇒ Unsustainable, so when you stop following the diet, any “benefits” disappear
- ⇒ Can add more stress, trying to follow rigid rules
- ⇒ May not provide essential nutrients due to restriction of specific foods or groups



## How to Spot a Fad Diet:

1. Promises of a quick fix
2. Claims that sound too good to be true
3. Simplistic conclusions drawn from a complex study
4. Limited research
5. Dramatic statements that are refuted by reputable scientific organizations
6. Morality attached to foods (labeling them as “good” or “bad”)
7. Recommendations made to help sell a book, product or course
8. Research used ignores differences between individuals or groups
9. Elimination of a specific food or group of foods
10. Testimonials
11. Rigid rules, steps, or levels of restriction



**Intermittent Fasting as a  
Treatment for Fatty Liver**

## Keto (Ketogenic) diet:

- ⇒ Originally designed to help patients with epilepsy have fewer seizures
- ⇒ Very low carb, moderate protein, high fat
- ⇒ The body relies on carbohydrates for energy. By limiting the amount of carbs taken in, the body must rely on ketone bodies (the byproduct of fat metabolism) for energy
- ⇒ Health consequences: “keto flu” (short term; nausea, vomiting, fatigue, dizziness); increased LDL (bad) cholesterol and triglycerides, increased risk of fracture and kidney stones (long term)



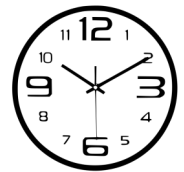
## Carnivore diet:

- ⇒ A version of the keto diet that only allows meat, poultry, eggs, seafood, fish, some dairy and water
- ⇒ Exclusion of all vegetables, fruits, grains, legumes, seeds and nuts
- ⇒ Health consequences: similar to the keto diet



## Paleo diet:

- ⇒ Based on the belief that the modern diet (processed foods, dairy, grains, legumes) is what has caused the development of modern diseases and obesity, so we “should” be eating only what people in the Paleolithic Era ate
- ⇒ Consists of lean meats, fruits and non-starchy vegetables, without calorie or portion restriction
- ⇒ Restriction of dairy, legumes, cereals and processed foods
- ⇒ Health consequences: certain vitamin/mineral deficiencies, decreased HDL (good) cholesterol, increased LDL and triglycerides



## Intermittent Fasting:

- ⇒ Scheduled eating (for example, fasting for 16 hours, eating for 8 hours)
- ⇒ Restriction is about time, not specific foods or food groups
- ⇒ Health consequences: more research is needed to discover long-term effects

Question: if fad diets are so bad, how should I be eating?

The answer to this question is complicated, and will be different for every single person. Our bodies use nutrients differently, and everyone's metabolism is different. However, eating a wide variety of foods will provide many of the essential nutrients that our bodies cannot make for ourselves.

Fruits and Vegetables:  
provide fiber, vitamins  
and minerals



Proteins: both animal  
and plant-based  
provide protein/amino  
acids, iron, and  
B-vitamins

Grains: whole and refined are  
both okay! They provide  
calories, fiber, carbohydrates,  
vitamins and minerals

Dairy: provides calcium,  
protein, vitamins A and  
D

**Resources:** <https://pmc.ncbi.nlm.nih.gov/articles/PMC9294402/>

<https://health.clevelandclinic.org/fad-diets>

<https://www.health.harvard.edu/nutrition/what-is-the-carnivore-diet>

**Consumer-centered access for  
long-term care information,  
referrals and assessments.  
For information,  
call 518-382-8481, #9, ext. 304**



**Do you have questions or concerns about what to eat?**

If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

**Check out our website for nutrition resources: <http://ccschenectady.org/nutrition-for-seniors>**