

# Nutritional Lifestyles:

## Choosing one that is right for you.

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Deciding what “diet” to follow is a very personal choice. There are endless options and the process can be slightly overwhelming. Below are four options that will give you a place to start your search.

### **Zone:**

The Zone diet was developed by biochemist Barry Sears. It specifies the consumption of calories over 5 meals a day following a specified ratio of carbohydrates, protein, and fat for every meal (30P/40C/30F). Zone also stresses the importance of WHEN you eat. According to Zone, you should never go more than five hours without eating to prevent your blood sugar from dipping and triggering hunger pangs.

MORE INFO: <http://www.zonediet.com/the-zone-diet/>

### **Paleo:**

The paleo diet focuses on the same foods our hunter-gather ancestors supposedly ate: fruits, vegetables, meats, seafood, and nuts. It is high in fat, moderate in animal protein and low in carbohydrates. This diet does not require calorie counting and is not focused on portion control. The theory is that by following these guidelines, we put our diet more in line with the evolutionary process that shaped our genetics.

MORE INFO: <http://thepaleodiet.com>

### **Flexible Dieting:**

What is Flexible Dieting - “*Something that does not bend will break*”

Flexible dieting is an open-minded food lifestyle that allows a relaxed set of guidelines to be tailored to meet individual needs and goals. There is no set prescription. The number of calories you need per day is a product of your age, gender, weight, muscle mass and activity level. Those calories are then divvied up among 3 Macronutrients. The simplest method is to allocate calories towards each nutrient according to a percentage split. The most common split is 40P/40C/20F. Other popular percentage splits are 40P/30C/30F

MORE INFO: <http://www.bodyrecomposition.com/a-guide-to-flexible-dieting/>

### **Whole 30:**

This is more of a temporary *program* that focuses on the elimination of foods for a period of time. Think of it as a short-term nutritional reset. The plan is based on cutting out whole food categories including dairy, grains, beans and legumes, and any foods made with added sugars for 30 days to “reset” your relationship with food and help you pinpoint foods that are unknowingly affecting your health and fitness. Permitted foods include meat, seafood, eggs, veggies, small amounts of fruit, oils, nuts, and seeds, with a general focus on whole ingredients as opposed to processed foods.

MORE INFO: <http://whole30.com/whole30-program-rules/>