



## KETO, ATKINS, SOUTH BEACH- OH MY!

Low-carb diets like Keto, Atkins, and South Beach are high in fat and protein while limiting carb intake.



"It's advertised as a weight-loss wonder, but this eating plan is actually a medical diet that comes with serious risks."

— Harvard Health Publishing

**Do they work for weight loss?** Well... initially, yes. Without glucose from carbs, the body uses stored glucose and breaks down muscle mass, producing ketones. This prompts water loss, causing rapid weight loss. However, this effect slows over time, leading to muscle loss and a decreased metabolic rate, making weight regain likely.

**Are they healthy?** These diets are not recommended by the **American Heart Association** due to high saturated fat and protein. Research links these diets to kidney, heart, and bone issues. They also restrict vital foods linked to lower risks of diseases, like fruits and vegetables. People with certain health conditions are strongly advised against these diets.

**What's the best diet?** A balanced one! Restrictive diets often lack necessary nutrients. Healthy eating includes a variety of foods, especially nutrient-rich carbs from fruits, veggies, legumes, and whole grains. These foods offer antioxidants, fiber, and aid in better digestion, blood sugar, and cholesterol levels. Year after year, the DASH diet and a Mediterranean-style diet are rated the best for overall health. Luckily, the **Dietitian-Designed Meal Plans from Seattle Sutton's Healthy Eating** closely align with these two diets.

Moderation and balance are key for overall health. The best diet is diverse, plant-based, and sustainable—which focus on supporting both weight management and well-being.