Age range	Gender	Lose/Gain Weight	Diet	Pre-Condition	Foods to increase consumption of	Foods to eat in moderation	Foods to avoid	Macros: Percent of Fat	Macros: Percent of Protein	Macros: Percent of Carbs
30-35	Male	Lose	New Nordic Diet	BMI 29	Whole grains (e.g., rye bread)	Red meat	Processed foods	30%	25%	45%
					Berries (e.g., blueberries, strawberries)	Full-fat dairy	Sugary snacks			
					Vegetables (e.g., kale, carrots)	Butter	Fried foods			
					Fish (e.g., salmon, mackerel)	Pastries	Sugary beverages			
					Rapeseed oil	Ice cream	White bread			
					Legumes (e.g., lentils, beans)	Cheese	Chips			

Metadata: {'source': 'nordic diet_26117949.csv_results0'}, {'source': 'nordic diet_22353228.csv_methods0'}, {'source': 'nordic diet_30533223.csv_methods0'},

Age range	Gender	Lose/Gain Weight	Diet	Pre-Condition	Foods to increase consumption of	Foods to eat in moderation	Foods to avoid	Percent of Fat	Percent of Protein	Percent of Carbs
30-35	Male	Lose	Mediterranean Diet	BMI 29	Fruits (e.g., apples, oranges)	Nuts (e.g., almonds, walnuts)	Processed foods (e.g., chips, sugary snacks)	25%	30%	45%
					Vegetables (e.g., spinach, tomatoes)	Whole grains (e.g., quinoa, brown rice)	Sugary beverages (e.g., soda, sweetened juices)			
					Fish (e.g., salmon, sardines)	Legumes (e.g., lentils, chickpeas)	Red meat (e.g., beef, pork)			
					Olive oil	Dairy (e.g., yogurt, cheese)	Fried foods (e.g., fried chicken, doughnuts)			
					Herbs (e.g., basil, oregano)	Whole grain bread	High-fat desserts (e.g.,			
					Seeds (e.g., chia, flaxseeds)	Dark chocolate (in moderation)	High-fat dairy (e.g., cream, full-fat cheese)			
					Lean poultry (e.g., chicken, turkey)					

Metadata:
1. Source: mediterranean diet_27249837.csv_methods0
2. Source: mediterranean diet_34409932.csv_methods19
3. Source: mediterranean diet_35433034.csv_methods2
4. Source: mediterranean diet_32328858.csv_methods1
5. Source: mediterranean diet_34350073.csv_methods38

Age range	Gender	Lose/Gain Weight	Diet	Pre-Condition	Foods to increase consumption of	Foods to eat in moderation	Foods to avoid	Percent of Fat	Percent of Protein	Percent of Carbs
30-35 years	Male	Weight	Ketogenic Diet	BMI 29	Avocado	Nuts	Bread	80%	13%	7%
					Olive oil	Cheese	Pasta			
					Leafy greens	Berries	Rice			
					Fatty fish	Full-fat dairy	Potatoes			
					Eggs	Dark chocolate	Sugary snacks			

Metadata:
1. Source: ketogenic diet_29258116.csv_methods0
2. Source: ketogenic diet_33422647.csv_results5
3. Source: ketogenic diet_28535298.csv_methods0
4. Source: ketogenic diet_32476719.csv_methods0
5. Source: ketogenic diet_31467078.csv_methods0

Age range	Gender	Lose/Gain Weight	Diet	Pre-Condition	Foods to increase consumption of	Foods to eat in moderation	Foods to avoid	Percent of Fat	Percent of Protein	Percent of Carbs
30-35	Male	Lose	DASH	BMI of 29	apples)	almonds,	Sugary beverages	27	20	53
					spinach, broccoli)	(e.g., brown rice,	Processed snacks			
					chickpeas)	(e.g., yogurt, milk)	Red meat			
					chicken, fish)	canola oil)	High-fat dairy			
					(e.g., garlic, basil)	Whole grain bread	Fried foods			

Metadata:
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