

Popular Diet Project: Peer Reviews

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PEER REVIEW #1:

Name of Popular Diet on Peer's Infographic	The Carnivore Diet: Is it all baloney
What 2 things did you learn from this Infographic?	1.) It claims that it does weight loss and can improve cardiovascular health 2.) At same time with the positive effects above, due to high sodium in the diet it increases blood pressure and the risk of CVD.
What 2 questions do you have that were not answered on this Infographic?	1.) What are the percentages for the macronutrients in the diet? 2.) Why is dairy part of this carnivore diet? Is it because it's part of being animal products?

PEER REVIEW #2:

Name of Popular Diet on Peer's Infographic	Modern Myths and the Paleolithic Diet
What 2 things did you learn from this Infographic?	1.) It has excellent benefits that are beneficial to our wellbeing such as a decrease in high blood pressure (which improves cardiovascular health), weight loss and managements, lower disease risk, which is very similar to MedDiet. 2.) This diet causes nutrient deficiencies such as calcium; it also limits highly processed or sugary foods, grains, legumes, and dairy.
What 2 questions do you have that were not answered on this Infographic?	1.) What is a paleolithic diet? what purpose does it serve? 2.) Are the benefits listed are part of the research data mentioned in the drawbacks? And how come is it unknown?