**Weekly report 4**

**Research on different types of diet plan.**

**1. Mediterranean Diet**

* **Description:** Emphasizes consumption of fruits, vegetables, whole grains, legumes, nuts, and olive oil, with moderate intake of fish and poultry.
* **Health Benefits:** Associated with reduced risks of cardiovascular diseases, certain cancers, and improved metabolic health.
* **Journal Reference:** "Mediterranean Diet and Health Status: A Meta-Analysis

Link: <https://nutritionj.biomedcentral.com/articles/10.1186/s12937-025-01095-8>

**2. Low-Carbohydrate Diet**

* **Description:** Focuses on reducing carbohydrate intake, particularly refined carbs, to promote weight loss and improve blood sugar control. Variations include the Atkins and ketogenic diets.
* **Health Benefits:** May aid in weight loss and improve glycemic control in individuals with type 2 diabetes.
* **Journal Reference:** "Systematic Review and Meta-Analysis of Different Dietary Approaches to the Management of Type 2 Diabetes"

Link: <https://pmc.ncbi.nlm.nih.gov/articles/PMC1188071/?utm_source=chatgpt.com>

**3. Plant-Based Diet**

Centers on consuming plant-derived foods such as fruits, vegetables, grains, and legumes, while minimizing or excluding animal products. This diet is associated with weight loss and improved metabolic health.

*Journal Reference:* "Effects of Plant-Based Diets on Weight Status: A Systematic Review" published in *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*. This review explores the relationship between plant-based diets and weight status, highlighting potential benefits.

Link: <https://www.ahajournals.org/doi/10.1161/CIR.0000000000001146>

**4. Intermittent Fasting**

Involves cycling between periods of eating and fasting, such as the 5:2 method, to reduce calorie intake and improve metabolic health.

*Journal Reference:* "Intermittent Fasting for the Prevention of Cardiovascular Disease" published in *The Cochrane Database of Systematic Reviews*. This comprehensive review discusses the effects of intermittent fasting on cardiovascular health and related outcomes.

Link: <https://ajcn.nutrition.org/article/S0002-9165%2822%2901032-2/fulltext>

**5. DASH Diet (Dietary Approaches to Stop Hypertension)**

Designed to lower blood pressure, this diet emphasizes fruits, vegetables, whole grains, lean proteins, and low-fat dairy, while limiting sodium intake.

*Journal Reference:* "Effects of the Dietary Approach to Stop Hypertension (DASH) Diet on Cardiovascular Risk Factors: A Systematic Review and Meta-Analysis" published in *The British Journal of Nutrition*. This article provides an in-depth analysis of the DASH diet and its effectiveness in managing hypertension and promoting cardiovascular health.

Link: <https://www.everydayhealth.com/diet-and-nutrition/diet/us-news-best-diet-plans-mediterranean-dash-more/>

**6. WW (formerly Weight Watchers)**

Utilizes a points system to guide food choices, promoting balanced eating and weight loss. The program offers personalized plans and support through workshops and digital tools.

*Journal Reference:* "Behavioral Strategies for Weight Loss in Adults: Interventions and Outcomes" published in *JAMA*. This study evaluates various behavioral weight loss programs, including WW, and their effectiveness in achieving and maintaining weight loss.

Link: <https://www.researchgate.net/publication/308044737_Mediterranean_diet_Dietary_Approaches_to_Stop_Hypertension_DASH_style_diet_and_metabolic_health_in_US_adults>

**Macro-based** **and** **micronutrient-based** **diets**:

**Macro-Based Diet**

* **Focuses on**: Macronutrients (carbs, proteins, fats).
* **Goal**: Helps you control the intake of calories and energy to support your fitness goals (like weight loss or muscle gain).
* **Example**: Tracking how much protein you’re eating for muscle growth, or how many carbs for energy.
* **Common Diets**: Keto (low carb), High-Protein diets.

**Micronutrient-Based Diet**

* **Focuses on**: Micronutrients (vitamins, minerals).
* **Goal**: Ensures you’re getting enough of the nutrients your body needs for overall health, immunity, and well-being.
* **Example**: Ensuring you’re eating foods rich in vitamin C for immune support, or calcium for bone health.