

**WE SET OUT TO FIND OUT WHAT A HEALTHY DIET LOOKS LIKE**



These diets were designed to prevent chronic and degenerative diseases. They all claim to lead you to a healthier life rather than promising weight loss. When we stacked them up side by side, we found that they mostly say the same thing: Cut out processed foods, industrial chemicals, and added sugar. Load up on fresh, organic vegetables and fruits.

Every one of these diets specifically calls for dark, leafy greens like kale.

Their differences mostly center on ideal percentages of lean meats and whole-grain carbs.

A "superfood" has been defined as a low-calorie, nutrient-dense food high in phytochemicals, which are found in its coloring. So most are brightly colored. Think kale, blueberries, and beets.

Our bodies are constantly reacting to what we eat to achieve a blood pH of 7.34 to 7.45, which is slightly alkaline. Help your body out by eating alkaline-forming foods like broccoli, cabbage, carrots, kale, almonds, avocados, melons.

**VEGAN**

**THE IDEA**  
Concern for animals and environment as well as physical health

**HOW**  
Eat plant-based foods that do not involve animals

**EAT**  
Beans, tofu, peanuts, quinoa, kale

**TRADITIONAL ASIAN**

**THE IDEA**  
Studies show Asians live longer with less degenerative disease

**HOW**  
Meats in moderation, no dairy

**EAT**  
Oily fish, rice, miso, fresh and fermented vegetables, seaweed

**NATIONAL INSTITUTES OF HEALTH (TLC) DIET**

**THE IDEA**  
Cut high cholesterol for a healthy heart

**HOW**  
Very low saturated fat and high soluble fiber

**EAT**  
Skinless poultry, low-fat dairy, kale, apples, oats

**RAW**

**THE IDEA**  
Preserves vitamins and immune-boosting enzymes

**HOW**  
Eat 80% organic plants never heated above 115 degrees

**EAT**  
Apples, beets, kale, almonds, raw-milk cheeses

According to the USDA, lean meat is any serving of meat (3 ounces—about the size of a deck of cards) with less than 10 grams total fat, 4.5 grams saturated fat and 95 milligrams cholesterol.

Orthorexia is an eating disorder characterized by an extreme or excessive preoccupation with avoiding foods perceived to be unhealthy.

Microgreens generally have higher concentrations of healthful vitamins and carotenoids than their mature counterparts. The plants use up some nutrients as they grow.

**MEDITERRANEAN DIET**

**THE IDEA**  
Decrease the risk of heart disease

**HOW**  
Limit meat, added sugar, and saturated fats. 50% of calories from carbs

**EAT**  
Fish, whole grain bread, kale, tomatoes, olive oil

**ANCESTRAL DIET**

**THE IDEA**  
Switch from carb burning to fat burning

**HOW**  
Choose nutrient-dense calories: no grains, no added sugars, no processed foods

**EAT**  
Grass-fed meat, kale, fermented foods, avocados, coconut oil

**GLYCEMIC INDEX DIET**

**THE IDEA**  
Control blood sugar to cut risk of diabetes

**HOW**  
No added sugar; swap good carbs for bad carbs

**EAT**  
Lean meat, whole grain bread, kale, carrots, cabbage

**ANTI-INFLAMMATORY**

**THE IDEA**  
Chronic diseases like Alzheimer's and cancer are linked to inflammation

**HOW**  
Limit processed foods and aim for 30% fats heavy in Omega 3s

**EAT**  
Wild salmon, kale, olive oil, yogurt, avocados

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(Besides Kale)

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