



DASH Diet

The DASH (Dietary Approaches to Stop Hypertension) Diet focuses on fruits, vegetables, low-fat milk, whole grains, fish, poultry, beans, and nuts. It recommends reducing sodium, foods and beverages with added sugars, and red meat. The diet is heart-friendly as it limits saturated and trans fat while increasing the intake of potassium, magnesium, calcium, protein, and fiber, nutrients believed to help control blood pressure.

www.hsph.harvard.edu/nutrition-source/healthy-weight/diet-reviews/dash-diet/

Keto Diet

The Keto diet aims to force your body into using a different type of fuel. Instead of relying on sugar (glucose) that comes from carbohydrates (such as grains, legumes, vegetables, and fruits), the keto diet relies on ketone bodies, a type of fuel that the liver produces from stored fat.

<https://www.health.harvard.edu/staying-healthy/should-you-try-the-keto-diet>

Intermittent Fasting

Intermittent fasting is a diet regimen that cycles between brief periods of fasting, with either no food or significant calorie reduction, and periods of unrestricted eating. It is promoted to change body composition through loss of fat mass and weight, and to improve markers of health that are associated with disease such as blood pressure and cholesterol levels.

https://www.hsph.harvard.edu/nutrition-source/healthy-weight/diet-reviews/intermittent-fasting/?utm_source=HLGuide&utm_medium=social&utm_campaign=HLGuide2020

Mediterranean Diet

The Mediterranean diet is a primarily plant-based eating plan that includes daily intake of whole grains, olive oil, fruits, vegetables, beans and other legumes, nuts, herbs, and spices. Other foods like animal proteins are eaten in smaller quantities, with the preferred animal protein being fish and seafood.

<https://www.hsph.harvard.edu/nutrition-source/healthy-weight/diet-reviews/mediterranean-diet/>

Vegan Diet

A vegan diet contains only plants (such as vegetables, grains, nuts and fruits) and foods made from plants. Vegans do not eat foods that come from animals, including dairy products and eggs.

<https://www.nhs.uk/live-well/eat-well/the-vegan-diet/>



SUPPLEMENTS

Vitamin C - Immune Support

<https://ods.od.nih.gov/factsheets/VitaminC-Consumer>

Folic Acid/Folate - Protective Against Birth Defects

<https://ods.od.nih.gov/factsheets/Folate-Consumer/>

Calcium - Building Strong Bones

<https://ods.od.nih.gov/factsheets/Calcium-Consumer/>

Vitamin D - Osteoporosis Prevention

<https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>

Apple Cider Vinegar - Many Proposed Uses
(with little research to support)

<https://www.opss.org/article/apple-cider-vinegar-dietary-supplements>

Turmeric - Helps with Inflammation

<https://www.nccih.nih.gov/health/turmeric>

Elderberry - Immune Support

<https://health.clevelandclinic.org/is-elderberry-really-an-effective-cold-and-flu-cure/>