

OBJECTIVES

- To define the concept of diet, differentiating the concept of diet from **lose weight** and **healthy diet**.
- To differentiate the types of diets that will be treated, compared to the **Western diet**.
- To introduce the topic of fat diets, such as the **keto diet** and the **intermittent fasting**.
- To compare the different diets and weight loss strategies in terms of **effectiveness, safety and long-term sustainability**.

A diet **to lose weight** or diet is designed **to reduce body weight**. Whereas a healthy diet, where the main objective is to maintain or improve health through food.

MEDITERRANEAN DIET

WESTERN DIET

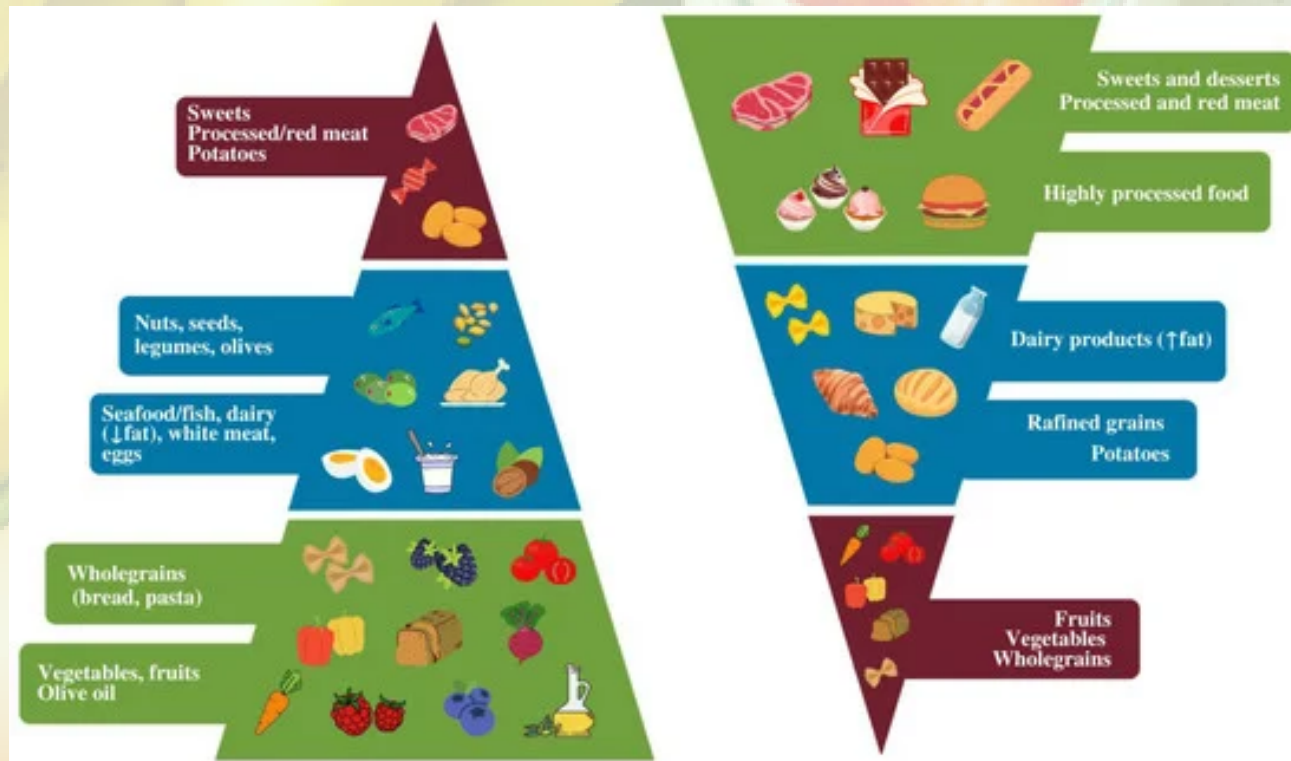


Image 1. Comparative pyramid between a healthy diet and the Western diet.
From: *The Mediterranean Diet and the Western Diet in Adolescent Depression-Current Reports - PMC (nih.gov)*

The Mediterranean diet has been associated with a lower risk of cardiovascular diseases. As regular consumption of:

- **Olive oil**
- **Fish, fruits**
- **Vegetables,**
- **Nuts and legumes**

(Estruch and Ros 2020)

The Western diet is characterized by the excessive consumption of:

- **Animal protein**
 - **Processed foods**
 - **Saturated fats**
 - **Refined sugars**
- (Clemente-Suárez et al. 2023)

KETO DIET

Weight loss
Treatment for refractory epilepsy
Low sugar and insulin levels
Better regulation of hunger and satiety hormones

Keto flu
Kidney stones (Ketoacidosis)
Heart disease
Liver disease (High fat levels)
Lack of nutrients and minerals

INTERMITTENT FASTING

Weight loss
Low sugar and insulin levels
Low triglyceride levels
Improvement of blood pressure and heart rate
Autophagy
Better regulation of hunger and satiety hormones

Hypoglycemia (except: Diabetes mellitus 2)
Heart disease
Liver disease (Ketoacidosis)
Kidney stones
Hunger, irritability, lack of energy, headache, constipation, bad breath and, difficulty to concentrate

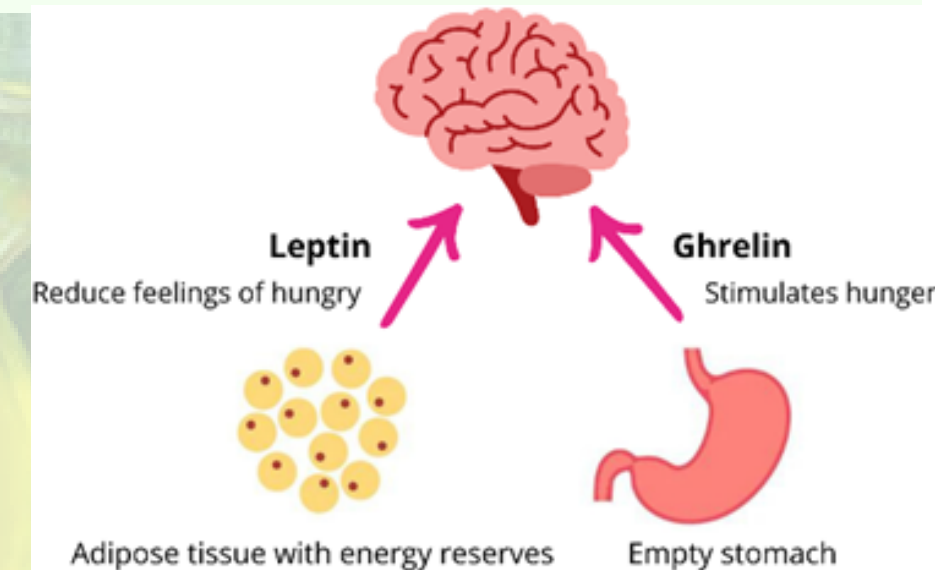


Image 2. Action of the hormones that regulate the sensation of hunger and satiety. From: Own production.

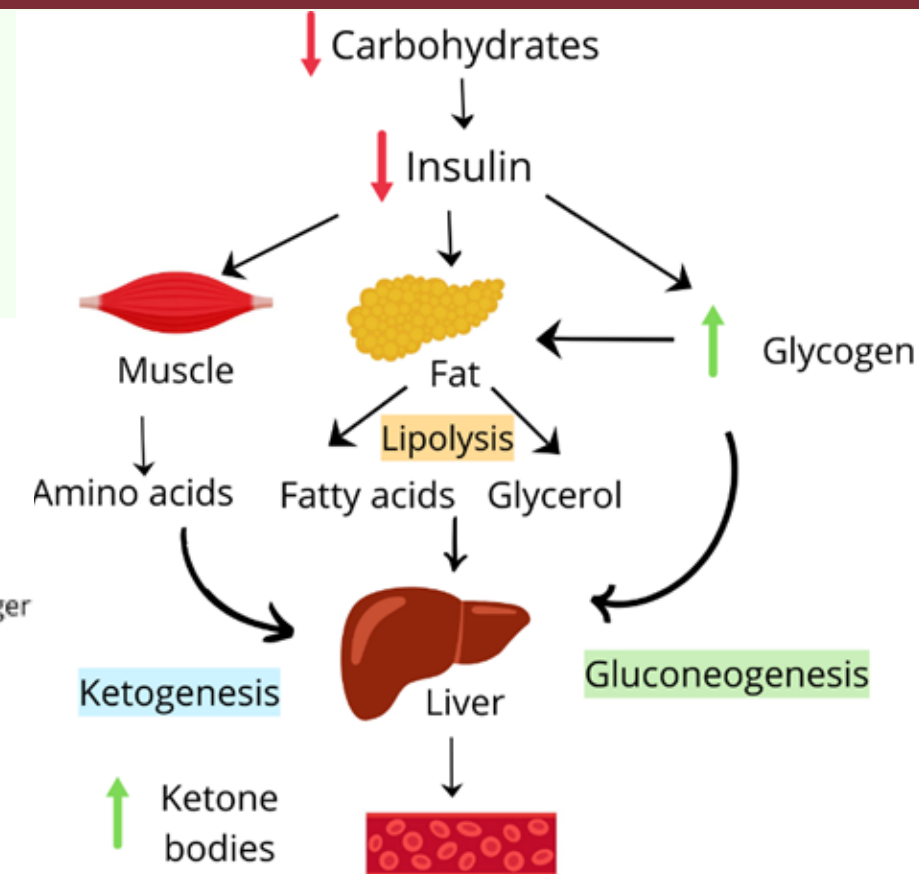


Image 3. Action of the hormones that regulate the sensation of hunger and satiety. From: Own production.

CONCLUSIONS

Intermittent fasting and the **ketogenic diet** allow initial weight loss in obese or overweight people. Therefore, they can be considered effective diets for short-term weight loss. But there is not enough scientific evidence about the possible health benefits.

In contrast, the **Mediterranean diet** is considered a healthy diet and can be considered a diet for weight loss, although certain dietary restrictions may be necessary for some people.

REFERENCES

- Clemente-Suárez VJ, Beltrán-Velasco AI, Redondo-Flórez L, Martín-Rodríguez A, Tornero-Aguilera JF. 2023. Global Impacts of Western Diet and Its Effects on Metabolism and Health: A Narrative Review. *Nutrients*. 15(12). doi:10.3390/NU15122749.
- Estruch R, Ros E. 2020. The role of the Mediterranean diet on weight loss and obesity-related diseases. *Rev Endocr Metab Disord*. 21(3):315–327. doi:10.1007/S11154-020-09579-0/METRICS.