

Dietary Approaches Table

Dietary Approaches to consider for Adults with Overweight or Obesity. All Dietary Patterns Suggested Require Guidance to Facilitate Caloric Reduction to Promote Weight Loss, when Appropriate for and Desired by the Client.

Diet	Description
Calorie Reduction for Weight Loss, when Appropriate and Desired	
Dietary Approaches to Stop Hypertension (DASH) diet ¹	Rich in fruits and vegetables, legumes and nuts, whole grains and low-fat dairy. Limit foods high in saturated fat, sweets and sugar sweetened beverages. Number of servings per food group to consume is usually provided to assist with calorie reduction.
Higher Protein Diet ²	25% of total calories from protein, 30% of total calories from fat, and 45% of total calories from carbohydrate
Higher Protein Zone-type diet ^{1,3}	5 meals/day, each with 40% of total calories from carbohydrate, 30% of total calories from protein, and 30% of total calories from fat
Lacto-ovo-vegetarian-style diet ²	Fruits and vegetables, eggs, plant-based proteins, and dairy products; no meat
Low -carbohydrate diet ^{1,3}	Initially <20g/d carbohydrate , increasing to <130g/day
Low-fat vegan-style diet	10% to 25% of total calories from fat
Low-fat diet ^{1,2}	20% of total calories from fat
Lower-fat, high-dairy/calcium with added fiber and low-glycemic index foods ²	≤30% fat 4 servings/d dairy with or without increased fiber and/or low-glycemic-index (low-glycemic-load) foods
Macronutrient-targeted diets ^{1,2}	15% or 25% of total calories from protein; 20% or 40% of total calories from fat; 35%, 45%, 55%, or 65% of total calories from carbohydrate
Meal replacement ²	Liquid or bar meal replacements
Mediterranean-style diet ^{1,3}	No agreed upon guidance, ⁴ but generally higher in fruits and vegetables, low in red meats, higher use of plant-based proteins and seafood and use of olive oil as a fat source. Number of servings per food group to consume is usually provided to assist with calorie reduction.
Moderate-protein diet ²	12% of total calories from protein, 58% of total calories from carbohydrate, and 30% of total calories from fat
MyPlate ⁵	Guidance from the United States Department of Agriculture to promote inclusion of all food groups and intake of a variety of nutrients. Suggests filling half of one’s plate with fruits and vegetables, making half of grains whole grains, varying proteins and moving to lower fat dairy products.
Ornish diet ^{1,3}	< 10% calories from fat
The American Heart Association-style Step 1 diet ²	prescribed energy restriction of 1500 to 1800 kcal/d, <30% of total calories from fat, <10% of total calories from saturated fat

References:

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3. Anton SD, Hida A, Heekin K, et al. Effects of Popular Diets without Specific Calorie Targets on Weight Loss Outcomes: Systematic Review of Findings from Clinical Trials. *Nutrients*. 2017;9(8).
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