

<b>Mediterranean Diet</b>	<b>Low Carb Healthy Fat Diet</b>
Focus on unprocessed whole foods; watch saturated fat and red meat intake; watch refined sugar intake.	Focus on unprocessed whole foods; cutting out sugars and reducing all other carbohydrates; eat natural fats including saturated fats, but not highly processed oils like Canola oil.
This is the current official 'healthy diet'; endorsed by government agencies and other health agencies	This is gaining popularity and has the support of many doctors and researchers around the world; especially effective for those wanting to lose weight; and to control blood sugar in diabetics. This diet is not officially endorsed by government agencies and may not be endorsed by all medical practitioners.
Recommended for those who want to follow official guidelines	Recommended particularly for those who want to lose weight and/or have diabetes. Also reasonable for those who want to try it for health - there is growing evidence that natural saturated fats are not harmful to health; rather it is sugar that causes hormonal upset and inflammation in the body.
<p align="center"><b>Moderate Fat Intake – but low Saturated Fat</b></p> Aim to eat less saturated fat (found in animal fats); more unsaturated fats (eg vegetable fats and olive oil). OK to eat fatty fish. Low fat milk and cheese	<p align="center"><b>Moderate-High Fat Intake</b></p> Eat natural fats eg animal fat, lard, coconut oil, butter, olive oil. Avoid processed vegetable and seed oils like canola/ricebran/sunflower oils/margarines. No limit to fat intake. Avoid 'low fat' or 'fat reduced'
<p align="center"><b>Moderate Carbohydrate Intake</b></p> Aim to eat whole grains eg wholegrain bread, unsweetened cereals. Eat fresh fruit and vegetables – aim for 3 servings veges; 2 servings fruit. Avoid refined sugars.	<p align="center"><b>Low Carbohydrate Intake</b></p> Avoid all refined grains and sugars. Eat lots of non-starchy vegetables. Depending on how strict you want to be, cut down on other carbohydrate sources too eg minimize fruit, grains, starchy foods. The fewer carbohydrates the lower your blood sugars; and helps weight loss
<p align="center"><b>Moderate Protein intake</b></p> Will come from nuts, legumes and animal products. Limit red meat and processed meats.	<p align="center"><b>Moderate Protein intake</b></p> Will come from nuts, legumes and animal products. Generally don't need to think about increasing or reducing protein
<i>PROS:</i> A well-accepted and easy to follow lifestyle	<i>PROS:</i> - No calorie restriction! No calorie counting; eat until satisfied. Often people do not feel hungry on this diet as fat and protein help you feel full; while refined carbohydrates cause rebound hunger. Rapid weight loss and blood sugar reductions are possible on this diet
<i>CONS:</i> May require calorie restriction to achieve weight loss.	<i>CONS:</i> not officially endorsed (yet!).
<i>SAFETY CONSIDERATIONS:</i> none	<i>SAFETY CONSIDERATIONS:</i> <b>DIABETICS ON DIABETIC MEDICATIONS SUCH AS INSULIN AND GLICLAZIDE/GLIPIZIDE/GLIBENGLAMIDE MUST CONSULT YOUR DOCTOR PRIOR TO TRYING A LOW-CARB DIET AS YOUR BLOOD SUGARS WILL FALL AND YOU WILL RISK LOW BLOOD SUGARS (HYPOGLYCAEMIA) IF YOU CONTINUE TAKING THE SAME DOSE OF SOME MEDICATIONS.</b> Diabetics on metformin or no diabetes medications can safely trial a low carb diet with no risk for hypoglycaemia

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<p><i>Example Breakfast:</i> Whole grain unsweetened cereal with low fat yoghurt and fresh fruit</p>	<p><i>Example Breakfast:</i> Bacon and Eggs Or Grain-free (made from nuts) muesli with full-fat yoghurt and berries Coffee with cream</p>
<p><i>Example Lunch:</i> Whole grain bread with salad/low fat cheese/fish</p>	<p><i>Example Lunch:</i> Salad with olive oil, fish, full fat cheese, boiled eggs</p>
<p><i>Example Dinner:</i> Chicken (fat removed), potatoes and salad drizzled in olive oil</p>	<p><i>Example Dinner:</i> Chicken (skin on) with salad drizzled in olive oil</p>
<p><i>Snacks:</i> Nuts, Fresh fruit</p>	<p><i>Snacks:</i> Generally try to avoid snacking (stick to 2-3 meals per day) but if needed go for nuts/eggs/full-fat cheese</p>
<p><i>Drinks:</i> Avoid sugary drinks Low alcohol or avoid</p>	<p><i>Drinks:</i> Avoid all sugary drinks including juices Dry red wine if you drink alcohol</p>
<p><i>Other aspects:</i> - sit less, move more</p>	<p><i>Other aspects:</i> - Eat only when you are hungry; stop eating when you are full - Consider Intermittent Fasting (see Further Information)</p>
<p><i>Further information:</i> <a href="http://healthify.nz">healthify.nz</a> <a href="http://patient.co.uk">patient.co.uk</a></p>	<p><i>Further information:</i> "What the fat?" by Grant Schofield (book) <a href="http://Dietdoctor.com">Dietdoctor.com</a> <a href="#">David Unwin Low Carb</a> Sarah Hallberg's online <a href="#">video</a> on diabetes Jason Fung's online videos – <a href="#">diabetes</a>, intermittent fasting and his book "The Diabetes Code" Zoe Harcombe's online video <a href="#">"Should the dietary fat guidelines have been introduced?"</a></p>