

KETO, ATKINS, SOUTH BEACH- OH MY!

Low-carb diets like Keto, Atkins, and South Beach were once popular, yet some still opt for them for quick weight loss. These diets are high in fat and protein while limiting carb intake.



Do they work for weight loss? Yes, initially. Without glucose from carbs, the body uses stored glucose, producing ketones by breaking down muscle mass. This prompts water loss, causing rapid weight drop. However, this effect slows over time, leading to muscle loss and a decreased metabolic rate, making weight regain likely.

Are they healthy? These diets are not recommended by the American Heart Association due to high saturated fat and protein. Research links these diets to kidney, heart, and bone issues. They also restrict vital foods like fruits and vegetables, linked to lower risks of diseases. People with certain health conditions are strongly advised against these diets.

What's the best diet? A balanced one! Restrictive diets often lack necessary nutrients. Healthy eating includes a variety of foods, especially nutrient-rich carbs from fruits, veggies, legumes, and whole grains. These foods offer antioxidants, fiber, and aid in better digestion, blood sugar, and cholesterol levels.

Moderation and balance are key for overall health. The best diet is diverse, plant-based, and sustainable—just like the diets provided by Seattle Sutton's Healthy Eating—which focus on supporting both weight management and well-being.