

Article published in the *U.S. News Health*: “Top-Rated Diets Overall” “TOP-RATED DIETS OVERALL”, ARTIGO PUBLICADO NA REVISTA *U.S. NEWS HEALTH*

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<http://dx.doi.org/10.1590/1806-9282.61.02.099>

There is no magic diet as most patients seek. Just as there is no magic exercise, pill or surgery, since there is truly no such thing as magic.

Two diets have greater scientific acceptance: the Mediterranean diet and the DASH diet. Unfortunately, the Mediterranean diet is not always possible as the food and the ingredients used by the population in this region, as well as habits and customs, are not easily available throughout the world. The DASH (dietary approaches to stop hypertension) diet is more accessible, more practical and suitable for all, because there are no difficulties in choosing foods and other ingredients. This diet makes no restrictions on food groups, and it is possible to avoid the monotony so common in diets. The consumption of fruits and vegetables, which are important sources of vitamins and minerals for the human body, is encouraged.

Hypertensive patients who combine diet to changes in lifestyle (weight reduction in cases of overweight and obesity, adequate intake of fats, reduction in alcohol and salt consumption, smoking cessation, and regular physical activity) achieved reduced morbidity and mortality due to cardiovascular diseases.

There are studies indicating that the DASH diet can reduce the incidence of some cancers. It not only limits consumption of sodium, but also reduces the intake of saturated fat and cholesterol, which contribute to the occurrence of cardiovascular diseases. Red meat, industrialized food, processed meat, sweets, sugary drinks and alcohol should be avoided. It is a diet that encourages the consumption of fruits, vegetables, whole grains, fish, poultry, dairy low-fat products, and monounsaturated fat sources.

According to the DASH diet, total fat should represent 27% of the diet with up to 6% saturated fat, and up to 150 mg cholesterol. Carbohydrates are responsible for 55% of food calories, and proteins for 18%. In addition,

the consumption of fibers should be 30 g per day. As published by the University Medical Center of North Carolina, “the adoption of the DASH diet model as a primary part of a low-calorie eating plan can lead to significant improvement of up to 50% in insulin sensitivity”. This combination of food and nutrients must have an effect on various cellular targets, promoting changes in body composition during weight loss and resulting in a favorable impact on insulin action. Therefore, it is no surprise that this diet is at the top of the preferences of Americans with respect to a healthy diet. This medical nutrition therapy aims not only at body weight loss, if necessary, but especially at improvements in eating behavior, which can result in incorporating healthier habits.

As for number two in the preference of Americans, the TLC diet (therapeutic lifestyle changes), there is the approval of the American Heart Association as a healthy diet that can significantly reduce the development of cardiovascular diseases. Basically, the suggestion is that of limited intake of saturated fats, and the consumption of larger amounts of fruits and vegetables. Nevertheless, it is a diet that includes an eating plan created by the person. It is him or her who makes decisions and follows the diet plan, which is certainly more difficult without professional supervision to guide and demand compliance. Thirdly, comes the famous Mediterranean diet, already investigated and evaluated scientifically, with full evidence of improvement in healthiness parameters of the population investigated.

One thing about diets and health has been proven right over the years: “Whatsoever was the father of a disease, an ill diet was the mother.”

REFERENCE

1. <http://health.usnews.com/health-news/health-wellness/slideshows/top-rated-diets-overall-2015/3>.