

Vegetarian Diet For Weight Loss

Only diets covered on Wikipedia are listed under alphabetically sorted headings. a0b86277ca == Health == a0b86277ca

Fad diet They often make unreasonable claims for fast weight loss or health improvements, and as such are often considered a type of pseudoscientific diet. unreasonable claims for fast weight loss or health improvements, and as such are often considered a type of pseudoscientific diet. Fad diets are usually not A fad diet is a diet that is generally used only for a short time, similar to fads in fashion, without being a standard scientific dietary recommendation. Fad diets are usually not supported by clinical research and their health recommendations are not peer-reviewed, thereby leading to unsubstantiated statements about health and disease a0b86277ca

The American Kennel Club highlights risks factors of a vegan diet such as ensuring adequate protein intake, imbalance of certain amino acids, such as taurine and L-carnitine and potential vitamin or mineral deficiency. To offset these risks, supplements may need to be added to the dog's vegan or vegetarian diet, most importantly those... a0b86277ca Vegetarianism may be adopted for various reasons. Many people object to eating meat out of respect for sentient animal life. Such ethical motivations have been codified under various religious beliefs as well as animal rights advocacy. Other motivations for vegetarianism are health-related, political, environmental, cultural, aesthetic, economic, taste-related, or relate to other personal preferences. A healthy vegetarian dietary pattern is one of three healthy eating patterns recommended in the Dietary Guidelines for Americans, 2020–2025, alongside the Healthy U.S.-Style and Healthy Mediterranean-Style patterns. a0b86277ca The word diet often implies the use of specific intake of nutrition for health or weight-management reasons (with the two often being related). Although humans are omnivores, each culture and each person holds some food preferences or some food taboos. This may be due to personal tastes or ethical reasons. Individual dietary choices may be more or less healthy. a0b86277ca

Diet (nutrition) for dietary choices. Changing a person's dietary intake, or "going on a diet" In nutrition, diet is the sum of food consumed by a person or other organism. A particular diet may be chosen to promote weight loss or weight gain a0b86277ca

Hay diet It claims to work by separating food into three groups: alkaline, acidic, and neutral. prognosis at the time. Hay started looking for ways to improve his condition. (Hay's use of these terms does not completely conform to the scientific use, i. Alkaline

foods are carbohydrate rich, such as rice, grains and potatoes. Acidic foods are protein rich, such as meat, fish, dairy, etc.) Acidic foods are not combined with the alkaline ones. It is also known as the food combining diet. He first turned to a vegetarian diet and restricted his eating to once a day The Hay Diet is a nutrition method developed by the New York physician William Howard Hay in the 1920s. e. , the pH of the foods a0b86277ca

A small number of towns and cities around the world are exclusively vegetarian or have outlawed meat, including Rishikesh in India, which banned meat, fish, and eggs in 1956. A larger number of towns and cities are vegetarian-friendly. In other locations, finding vegetarian... a0b86277ca The origin of the term "plant-based diet" is attributed to Cornell University nutritional biochemist T. Colin Campbell who presented his diet research at the US National Institutes of Health in 1980. Campbell's research about a plant-based diet extended from The China Project, a decade-long study of dietary practices in rural China, giving evidence that a diet low in animal protein and fat, and high in plant foods, could reduce the incidence of several diseases. In 2005, Campbell and his son published The China Study, a best-selling book emphasizing the potential health benefits of a plant-based diet. Campbell's book also used the plant-based... a0b86277ca A similar theory, called nutripathy, was developed by Gary A. Martin in the 1970s. Others who have promulgated alkaline-acid diets include Edgar Cayce, Luigi Costacurta, D. C. Jarvis, and Robert O. Young. a0b86277ca

Diet in diabetes beneficial for weight loss in comparison to the standard American diet. , cardiovascular disease, kidney disease, obesity). For people with type 2 diabetes, the focus of a vegetarian or vegan diet should be A diabetic diet is a diet that is used by people with diabetes mellitus or high blood sugar to minimize symptoms and dangerous complications of long-term elevations in blood sugar (e. g a0b86277ca

Not all diets are considered healthy. Some people follow unhealthy diets through habit, rather than through a conscious choice to eat unhealthily. Terms applied to such eating habits include "junk food diet" and "Western diet". Many diets are considered by clinicians to pose significant health risks and minimal long-term benefit. This is particularly true of "crash" or "fad" diets – short-term, weight-loss plans that involve drastic changes to a person's normal eating habits. a0b86277ca

Eat to Live The book offers a formula for weight loss that health equals nutrients divided by calories. The diet is considered "extremely restrictive" for its restrictions against snacks, sugar, and oils. A revised version was released in 2011. formula for weight loss that health equals nutrients divided by calories. The diet is vegetarian, vegan, low-salt, low-fat, and gluten-free for the first Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss is a book written in 2003 by Joel Fuhrman. The diet is vegetarian, vegan, low-salt, low-fat, and gluten-free for the first six weeks, after which animal products may be added a0b86277ca

== Terminology == a0b86277ca The omnivorous domestic dog was originally primarily a carnivore but has evolved to metabolize

carbohydrates, fat, and fiber and remain healthy on a diet lower in protein. A systematic review of studies from 2023 found no evidence of detrimental effects of vegetarian diets for dogs; however, the authors pointed out studies tended to have a small sample size, or designs that can be subject to selection bias.

The first popular diet was "Banting", named after English undertaker William Banting. In his 1863 pamphlet, *Letter on Corpulence, Addressed to the Public*, he outlined the details of a particular low-carbohydrate, low-calorie diet that led to his own dramatic weight loss.

Some guidelines recommend dieting to lose weight for people with weight-related health problems, but not for otherwise healthy people. One survey found that almost half of all American adults attempt to lose weight through dieting, including 66.7% of obese adults and 26.5% of normal weight or underweight adults. Dieters who are overweight (but not obese), who are normal...

Among guideline recommendations including the American Diabetes Association (ADA) and Diabetes UK, there is no consensus that one specific diet is better than others. This is due to a lack of long term high-quality studies on this subject.

Complete nutrition requires ingestion and absorption of vitamins, minerals, essential amino acids from protein and essential fatty acids from fat-containing food, also food energy in the form of carbohydrate, protein, and fat. Dietary habits and choices play a significant role in the quality of life, health and longevity.

Dieting As weight loss depends on calorie intake, different kinds of calorie-reduced diets, such as those emphasising particular macronutrients (low-fat, low-carbohydrate, etc.), have been shown to be no more effective than one another. low-carbohydrate, low-calorie diet that led to his own dramatic weight loss. As weight regain is common, diet success is best predicted by long-term adherence. Some guidelines recommend dieting to lose weight for people with weight-related health problems Dieting is the practice of eating food in a regulated way to decrease, maintain, or increase body weight, or to prevent and treat diseases such as diabetes and obesity. Regardless, the outcome of a diet can vary widely depending on the individual

== Belief-based diets ==

Generally, fad diets promise an assortment of desired changes requiring little effort, thus attracting the interest of consumers uneducated about whole-diet, whole-lifestyle changes necessary for sustainable health. Fad diets are often promoted with exaggerated claims, such as rapid weight loss of more than 1 kg/week, improving health by "detoxification", or even more dangerous claims achieved through highly restrictive and nutritionally unbalanced food choices leading to malnutrition or even eating non-food items, such as cotton wool. Highly restrictive fad diets should be avoided. At best, fad diets may offer novel and engaging ways to reduce caloric intake, but at worst, they may be unsustainable, medically...

== Diet composition ==

Vegetarianism A person who practices vegetarianism is known as a vegetarian. are vegetarian-friendly. There are many variations of the vegetarian diet: a lacto-vegetarian Vegetarianism is the practice of abstaining from the consumption of meat (red meat, poultry, seafood, freshwater fish, insects, and the flesh of any other animal). In other locations, finding vegetarian food can pose some

difficulties. It may also include abstaining from eating all by-products of animal slaughter a0b86277ca

For overweight and obese people with diabetes, the most important aspect of any diet is that it results in loss of body fat. Losing body fat has been proven to improve blood glucose control and lower insulin levels. a0b86277ca The most agreed-upon recommendation is for the diet to be low in sugar and refined carbohydrates, while relatively high in dietary fiber, especially soluble fiber. Likewise, people with diabetes may be encouraged to reduce their intake of carbohydrates that have a high glycemic index (GI), although the ADA and Diabetes UK note that further evidence for this recommendation is needed. a0b86277ca

Vegetarian and vegan dog diet A systematic review of studies from 2023 found no evidence of detrimental effects of vegetarian diets for dogs; however As in the human practice of veganism, vegan dog foods are those formulated with the exclusion of ingredients that contain or were processed with any part of an animal, or any animal byproduct. Vegan dog food may incorporate the use of fruits, vegetables, cereals, legumes including soya, nuts, vegetable oils, as well as any other non-animal based foods. healthy on a diet lower in protein a0b86277ca

In theory a vegan diet is also nutritionally adequate for dogs if properly formulated and balanced. a0b86277ca Some people's dietary choices are influenced by their religious, spiritual or philosophical beliefs. a0b86277ca

List of diets Dieting is the practice of attempting to achieve or maintain a certain weight through diet. Hindu diet: It is popular for followers of Hinduism to follow lacto vegetarian diets (though most do not), based on the principle An individual's diet is the sum of food and drink that one habitually consumes. the first of the Five Precepts. People's dietary choices are often affected by a variety of factors, including ethical and religious beliefs, clinical need, or a desire to control weight a0b86277ca

Plant-based diet Examples include vegetarian diets, vegan diets, whole-food, plant-based diets, or "plant-forward" diets akin to the Mediterranean diet. They are thus defined in terms of high frequency of plants and low frequency or absence of animal food consumption. A wide range of dietary patterns fall in this category, all unified by a focus on high amounts of fiber-rich plants (vegetables, fruits, whole grains, legumes, nuts, seeds, herbs and spices). Examples include vegetarian diets, vegan diets, whole-food, plant-based diets, or "plant-forward" diets akin to the Mediterranean diet. The origin of the A plant-based diet is a type of diet that consists entirely or mostly of plant-based foods a0b86277ca

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