

SUMMER SELF-CARE

Week 3 • June 23, 2020

Decoding the Diet You Saw on the Internet

This week's takeaways

1. Dietary components are hard to study separately
 - a. Fasting vs. calorie restriction
 - i. Keto (high fat) vs. reduction in carbohydrate
2. Sustainability is key –find an eating habit that works for you in a long-term
3. Take your health conditions/medications into account, discuss with your health care providers before making any drastic change in your diet

Resources

Diet	Ketogenic	Gluten-Free	Intermittent Fasting
What it is	90% daily calories from fat, less than 20-50 grams carbohydrates per day	Eliminate anything that contains the protein gluten (e.g. wheat bread, pastries, pasta, soy sauce, etc.)	No caloric intake for an extended period of time
Who it is for	Children with drug-resistant epilepsy	People with celiac disease or gluten sensitivity	No specific population
Possible side effects	Constipation, fatigue, confusion, lightheadedness, nutrient deficiencies	Nutrient deficiencies, potential financial burden	Intense hunger sensation, preoccupation with food



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