



WEIGHING IN ON POPULAR DIETS

	KETO	PALEO	WHOLE30
Fruits	Limited	Yes	Yes
Vegetables	Limited	Yes	Yes
Protein	Yes	Yes	Yes
Grains	No	No	No
Dairy	Yes	No	No
Sugar	No	No	No
Alcohol	Limited	No	No
Long-Term Concerns	Nutrient Deficiencies Heart and Gut Health	Nutrient Deficiencies	Nutrient Deficiencies
Cost	\$	\$\$	\$\$
Recommended Length of Diet	3 - 6 Months Max	Short Term	6 Weeks