

Best Diets – Three of the World’s Most Famous Diets

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Today, there are many revered diets which take their popularity among the thousands of people who incorporate them into their lives.

Foremost, there’s the famous South Beach Diet which we always hear about from various sources. This diet was initiated by Dr. Arthur Agatston, a cardiologist. This diet was originally made as prevention to heart disease but took popularity in the early 2000s for weight loss. The diet is basically composed of three phases. The first phase equates to two weeks of eating food with low glycaemic count. This may include eating lean proteins and dairy products low in fat. This phase will hopefully dictate the hunger cycle. The second phase maintains the first phase except that there’s reintroduction of some fruits, vegetables and grains. The last phase is supposedly carried on for life and basically involves maintenance of weight loss. A lot of resources can be found on this diet online.

Another diet which deserves mention is The Cabbage Soup Diet. This diet basically delves into a course of eating plain cabbage soup in seven days, along with some select foods. The diet is said to cause a loss of 10 pounds in just one week. Although studies have proven significant claims on the diet, it is believed to take effect for short term weight loss only. One basic rule that comes with this diet would be to stop eating cabbage soup after the seventh day. Clearly, the variation for food groups is very limited with this diet. It incorporates very strict rules about eating particular foods on a specific day. The diet has no known origin and has inspired a number of other diets made on the same principle.

Last but not the least, there’s the famous Atkins Diet. From its name, this diet was created by Dr. Robert Atkins during the 1970’s. The basic principle which it follows would be to cut down daily carbohydrate intake. There are also phases to work out with this diet. The first phase dictates one to eat as little as 20 grams of carbohydrates only in a day. This is mostly compensated for by vegetables. The second phase relates to a continuing weight loss cycle as one eats food with proteins and natural fats only. The third phase incorporates eating whole food carbohydrates. And lastly, the fourth phase is a maintenance phase where a person’s lifestyle is changed itself.