



Best Diets

As Ranked by Experts

With no shortage of diets to choose from, picking the best one can be difficult. US News and World Reports recently released their list of top diets as rated by health experts. The results may surprise you.



How did they choose?

US News consulted a panel of experts in the fields of diet, nutrition, obesity, food psychology, diabetes and heart disease and asked them what they thought of the most popular eating plans. The experts ranked each diet on a variety of factors including overall healthfulness, likelihood of helping you lose weight, how easy they are to follow and how beneficial they are for certain diseases like diabetes or heart disease.



Which diets ranked highest?

The DASH diet took the top spot for best overall diet followed by the TLC, Mayo Clinic, Weight Watchers and Mediterranean diets. US News also ranked diets in specific categories with Weight Watchers ranking as the best weight loss diet, DASH and Biggest Loser tying for best diets for diabetes, the Ornish diet for best heart-healthy diet and the Mediterranean and Flexitarian diets taking the top two spots for best plant based diets. The best for healthy eating category included top winners in other categories with DASH, TLC and the Mediterranean diet taking the top three spots.



How do you pick the one that is best for you?

Even with these expert rankings, one thing remains true - diet is not something that is one size fits all. To find what works best for you, it is important to consider your overall health, your short and long term goals and your overall lifestyle. A conversation with your doctor or dietitian can help you get started.



REFERENCES:

1. US News and World Reports Ranking: Best Diets 2014. Available at <http://health.usnews.com/best-diet>. Accessed January 10, 2014.
Written by: Jennifer M. Ignacio, MS, RD.