

The Ornish Diet



What it's about

This is practically the complete opposite of the Atkins diet. Fat is the enemy in Dr. Ornish's diet, which advises followers to follow a very low-fat, mostly vegetarian style diet containing 10% of calories from fat. Very little meat, dairy or fat is allowed on this diet. Instead, carbs make up about 70-75% of the diet.

The cautions

This is another diet which may be just too difficult to follow. In their study published earlier this year in the *Journal of the American Medical Association*, researchers at Tufts-New England Medical Centre found that 50% of those on the Ornish diet dropped out within a year.

The bottom line

The best thing about the Ornish diet is that it takes a lifestyle approach to weight loss. Vigorous exercise and stress reduction are integral parts of the diet program. The abundance of whole grains, vegetables and fruits on this diet gets two thumbs up. However, most people probably can't stick to this very low-fat style of eating.