

Episode 060: Best Diets for 2019 – Which Way Should You Go?

This is the TD fitness podcast with Coach T, episode number 60.

Welcome to the TD Fitness podcast, giving you healthy living insights for your physical, mental, social, and spiritual wellbeing, and now, your host, certified health coach, and personal trainer, Coach T.

Every year U.S. News & World Report ranks the best diets of the coming year, and every year I look at this report, and try to provide some insight into those best diets, and give some takeaways, and considerations for those looking to try one of these diets. Well, this year I wanna use those best diet rankings as an example of how we must ask the right questions, and understand that advice for the masses may, or may not necessarily be the best advice for us as individuals.

The best diet of 2019 according to the U.S. News & World Report rankings is the Mediterranean diet, and rather than go into detail on this, or any other diet in the rankings, what I'll do is refer you to a couple of resources. The first is episode number 19 of the TD Fitness podcast which can be found at tdfitness.net/019 where last year I actually talked about the Mediterranean diet, and about a handful of other diets on the list that were near the top of the list.

And, I'll also refer you to the actual U.S. News & World Report rankings, which has pretty in depth yet easy to follow descriptions of all of the diets that they looked at, so you'll find those links in the show notes for this episode, episode number 60 at tdfitness.net/060 but what I wanna do here is briefly address how you should approach your decision to alter your diet, or to change your eating plan.

Here's how we typically think. We'll be in the in the supermarket, and see the magazine in the checkout aisle, and we'll notice the headline that'll say, Best Diets of 2019, or maybe you'll see it on the news, or you'll hear someone talking about it, maybe a co-worker, or a friend, or maybe this podcast, or this video is the first that you've heard about these yearly best diet rankings, and then, you ask yourself, well, what's the best one? So, you pick up the magazine, you flip through the pages, and you see that, "Oh, it's the Mediterranean diet. Well, that's the one I'll use. I'm gonna go practice the Mediterranean diet."

And, occasionally, some people may go a little bit deeper into the actual categories of these rankings. They have categories for weight loss, for diabetes, for healthy living, for plant based eating, or of the other categories that they use to sort these rankings by, and at least that'll narrow down your approach a little bit, right? But, usually we just go out, and try to follow the diet that is, "Number one." without really putting much thought towards, number one, how it will fit into our lifestyle. Number two, how sustainable it is, and number three, how realistic it is for you to follow.

I have two things that I want you to do instead. Okay? The first is to look critically at the information that you will base your diet, or any other healthy living decision on. Ask yourself, is this the best for what? It's the best for who? Who says these are the best diets? And, what does best actually mean? I'll tell you that my opinion of the best diet rankings that U.S. News & World Report publishes each year is that, they are actually very comprehensive, and they're

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easy to understand. Like I said, because of the different categories they use to classify the best diets.

They're in their ninth year of publishing these rankings, so they've been at it for a while, and honestly it gets better each year. The diets themselves are scored by a panel of nationally recognized experts in diet and nutrition, obesity, food psychology, and even physicians that specialize in things like diabetes, and heart disease, and they look at over 40 diets. That's how many they looked at this year. In consideration, what I really like about it is that they give consideration to more than just the nutrition aspect, because let's face it, right. If you have the best diet from a nutrition standpoint, but you can't follow it, because it's maybe overly restrictive, it doesn't do you much good.

So, they score those diets in seven different categories. The categories are how easy it is to follow, the effectiveness, or its effectiveness in the short and longterm when it comes to weight loss, nutritional completeness, safety, and the potential for preventing and managing diabetes and heart disease, and the categories aren't necessarily weighted the same either, so safety is double counted, because no diet should be dangerous, right? So, safety is a big thing, and they also give a higher weight to longterm ratings for weight loss, because they understand that, that longterm consideration is so crucial. I actually addressed this long term weight loss in a lot of things that I talk about here at TD Fitness, and with the Fit Life program.

Again, my number one takeaway for you is to look critically at what you're considering for your diet, or for any other healthy living decision. The second thing I want you to do is to think about your goal, and your next logical, and realistic step in reaching that goal. The next logical step may not necessarily be a holistic dietary change, so ask yourself, is your goal weight loss? Is your goal feeling better? Is it to reduce inflammation? Is it better digestion? Or, is it longterm health? It could be any number of things, but the goal matters, and just because your friend followed a particular diet, or your coworker followed a particular diet, and they had success with it, that doesn't necessarily mean that it's right for you.

And, just because a published report like the one in U.S. News & World Report says that one diet is better than another, again, that doesn't necessarily mean that it's right for you, but rather I want you to use the data presented in these rankings to make an informed decision about how to move forward not necessarily as the way to move forward. The truth is that the Mediterranean diet may be perfect for you, but the odds are that the hundreds of you listening to this podcast, or reading the blog, or viewing this video in any form on YouTube, or Facebook, or whatever, for only a handful of you will the Mediterranean diet be perfect, okay?

Some of you may find success with other diets on the list, some may not need much change in their current eating habits at all. For some a change in nutrition isn't necessarily the answer, for others maybe a focus on starting to exercise, or stopping a bad habit like quitting smoking. Maybe that's the next step for you, so that's what I want you to know. I want you to know that you are an individual with individual needs, and your next step should be determined by where you are now, and what you have the capacity to do next.

Longterm change comes about through one small step at a time, so do me a favor. Give this video a like or a comment if you're watching on YouTube or on Facebook. If you're listening to it on the TD Fitness podcast, don't forget to like this episode, and to follow the podcast, and no matter how you're watching, or listening, I want you to know that you can get the transcript, and the links to everything that I referenced here on the show notes page for this

episode, episode number 60 at tdfitness.net/060. Thanks for tuning in. You all have a blessed one. Coach T, out.