

Experts say paleo diet is worst, DASH diet is best

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The Paleo Diet emphasizes consumption of lots of produce and animal protein, while avoiding sugar, grains, legumes, and dairy altogether. Another high-protein, low-carbohydrate approach called the Dukan [diet](#) tied the Paleo Diet in last place, *CNN* reported. The DASH (Dietary Approaches to Stop Hypertension) diet was developed by the U.S. National Institute of Health for people with high blood pressure, but is also effective in reducing cholesterol and lowering the risk of heart disease, stroke, kidney stones, and diabetes, according to the NIH.

Each year, *U.S. News & World Report* asks experts to evaluate different

diet plans and this year they rated 32 of the most popular ones. A top-ranked diet has to be fairly easy to follow, safe, nutritious, effective for weight loss and protective against heart disease and diabetes, *CNN* reported.

Just behind the DASH diet was the Therapeutic Lifestyle Changes Diet, also created by the NIH. Tied for third place were the Mayo Clinic Diet, the Mediterranean Diet, and Weight Watchers.

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