### Alternative Diets and Their Impact on the Health of Young People

#### Introduction

Hello students! Today we will talk about three popular diets: the Mediterranean diet, the DASH diet, and the Flexitarian diet. Our goal is to discuss which of these diets you consider well-balanced and to identify what might be lacking or excessive in the other two diets.

#### Mediterranean Diet

The Mediterranean diet is based on the traditional eating habits of people living around the Mediterranean Sea. It primarily consists of vegetables, fruits, whole grains, fish, nuts, and seeds. Regular consumption of these foods is recommended, along with moderate intake of eggs, poultry, cheese, and dairy products. Red meat and sweets are suggested to be consumed as infrequently as possible. The Mediterranean diet is considered well-balanced because it provides a variety of nutrients, such as vitamins, minerals, protein, and healthy fats. Additionally, this diet promotes the consumption of fresh and natural products, which supports overall health.

#### DASH Diet

The DASH diet, which stands for Dietary Approaches to Stop Hypertension, aims to change eating habits, especially for individuals with excessive body weight and hypertension. The foundation of the DASH diet includes vegetables, fruits, whole grains, and low-fat dairy products. It also recommends consuming fish, nuts, and fluids in the form of mineral water or fresh vegetable juices. The DASH diet can be considered well-balanced due to its strong emphasis on vegetables, fruits, and healthy protein

sources. However, it may lack some elements, such as healthy fats or certain whole grains.

#### Flexitarian Diet

The Flexitarian diet is a relatively new approach that mainly involves reducing the intake of meat and meat products. The primary sources of protein in the Flexitarian diet are legumes, such as lentils, soy, chickpeas, beans, broad beans, and peas, as well as plant-based products like tofu or tempeh. This diet also recommends replacing cow's milk with plant-based drinks. It encourages minimal consumption of dairy, eggs, fish, and meat. The Flexitarian diet is flexible, allowing occasional consumption of meat and its products during special events or trips. It focuses mainly on plant-based protein sources and promotes the intake of plant-based milk. However, the Flexitarian diet may lack some nutrients, such as vitamin B12, which is predominantly found in animal products.