

GriffinFitness - Eating Styles Overview

Mediterranean Diet

Focuses on whole foods: vegetables, fruits, legumes, whole grains, fish, olive oil, and moderate dairy.

Pros:

- Heart-healthy
- Flexible and sustainable
- Nutrient-dense

Cons:

- Higher carb for low-carb needs
- Learning curve for new ingredients

IIFYM (If It Fits Your Macros)

Track daily protein, carbs, and fat while enjoying flexible food choices.

Pros:

- Customizable
- No food off-limits
- Boosts awareness

Cons:

- Requires tracking
- May overlook food quality

High-Protein Diet

Emphasizes lean protein sources to build muscle, support metabolism, and control hunger.

Pros:

- Great for strength training
- Supports satiety
- Preserves lean mass

Cons:

- Expensive for some
- May lower carbs unintentionally

Intermittent Fasting (IF)

Eat within time windows (e.g., 16:8); restrict eating to support metabolism and discipline.

Pros:

- Simplifies routine
- May improve fat metabolism
- Reduces snacking

Cons:

- Tough for early risers
- Can affect hormones in women

Low-Carb / Keto

Very low-carb, high-fat eating to promote ketosis and fat burning.

Pros:

- Quick fat loss
- Reduces blood sugar
- Cuts cravings

Cons:

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- Restrictive
- Low performance for high-volume training

Balanced Whole-Food Eating

Includes whole grains, fruits, veggies, lean proteins, and healthy fats without extreme restriction.

Pros:

- Sustainable
- Minimal tracking
- Gut-friendly

Cons:

- Requires self-awareness
- May lack structure for some