**THE MEDITERRANEAN DIET**

This is the diet that is said to be the most “healthy”, rich in monounsaturated fats (nuts and olive oil), and plant–based foods with a generous amount of seafood and controlled meat.

EMMA SAYS: “This is my all time favourite diet as it has a lower meat intake than popular high-protein diets such as Paleo, Atkins and Dukan and includes more plant-based foods. The addition of anti-inflammatory olive oils and low-GI carbohydrates is perfect. A huge thumbs up from me and one I aim to follow myself.”

**SUGAR-FREE DIET**

A diet that restricts all foods that contain added sugars, including some fruit and vegetables.

EMMA SAYS: “We don’t need to eat sugar, that is an obvious fact, and the obesity epidemic is tribute to our sugar obsession. Cutting out processed sugar is a must for all of us but I don’t agree with cutting out fruit. Fruit comes wrapped up with essential fibre, wonderful antioxidants and beneficial nutrients. I’m for the diet, but eat fresh fruit, two serves max a day!”

**GLUTEN/WHEAT-FREE DIET**

A self-explanatory diet that eliminated wheat and gluten completely.

EMMA SAYS: “Be wary of any product that is gluten or wheat-free as it’s often high in sugar, salt and flavourings. If you are coeliac or suffer non-coeliac gluten sensitivity, then avoid these products and simply eat whole foods instead.”

**THE ATKINS DIET**

A low-carb, high-protein diet that comes in four stages, including some major food restrictions.

EMMA SAYS: “Cardiologist Dr Atkins was one of the first supporters of a sugar-free diet. He also bans high-GI carbohydrates and restricts low-GI carbs. This diet has stood the test of time, with the principles being validated and sound.”

**THE 5:2 DIET**

This diet encourages you to eat whatever you want for five days and restrict your intake to 600 calories for the next two days.

EMMA SAYS: “With some great research behind it, 5:2 is an effective way to lose a few kilos. This trick is to eat clean on five days and not binge due to the two-day 600 calorie restriction. You can’t eat whatever you like on your five days, no   
  
  
  
matter what your friends have told you. I see this diet working more effectively for men, than women.”

**THE ALKALINE DIET**

This diet suggest that replacing acid-forming foods with alkaline foods can improve health.

EMMA SAYS: “A big pro about this diet is once again, cutting out sugar and processed carbohydrates. It goes further and also cuts out meat, caffeine and alcohol, and I agree with giving your body a break from these items. A problem is that people become very confused as to whether a food is acidic or alkaline so if you can get past the misinformation and simply eat unprocessed, it’s great, especially on the environment.”

**THE CSIRO DIET**

This diet was developed after research found diets low in kilojoules and high in protein, were just as good as those with high carb allowances.

EMMA SAYS: “A high-protein, low-carb diet that has good research and great resources behind it. It’s a great place to start if you are new to healthy eating. For vegans or vegetarians you may want to give this one a miss.”

**THE PALEO DIET**

Otherwise known as the ‘caveman diet’, this diet promotes non-processed foods and eliminates things like grains, beans and dairy.

EMMA SAYS: “This diet is hugely popular! Paleo is a great way to rid your diet of processed foods. But beware of 'paleo friendly' high-calorie sweets such as paleo banana bread and chocolate brownies.”

**THE 8-HOUR DIET**

This diet is all about intermittent fasting. Eat for eight hours and when your time is up, close the fridge door for the next 16 hours!

EMMA SAYS: “There is good research on the benefits of fasting periods, this is true. What I don't like is that you are encouraged to eat how much and whatever you want in those eight hours. This doesn’t teach an individual how to eat in a healthy way, which is what actually keeps weight off long term."