

Best Overall Diet Plans | 2019

**Please discuss with your Primary Care Physician which plan is best suited for you.*

Rankings obtained from U.S. NEWS & WORLD REPORT
The complete list of the Best Overall Diet Plans for 2019 can be found at:
<https://health.usnews.com/best-diet/best-diets-overall>

Weight Loss Options From The 2019 List

Mediterranean

- <https://health.usnews.com/best-diet/mediterranean-diet>
- www.everydayhealth.com/mediterranean-diet/guide

DASH

- <https://health.usnews.com/best-diet/dash-diet>
- www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf

Flexitarian

- <https://health.usnews.com/best-diet/flexitarian-diet>
- www.healthline.com/nutrition/flexitarian-diet-guide#benefits

MIND

- <https://health.usnews.com/best-diet/mind-diet>
- www.webmd.com/alzheimers/features/mind-diet-alzheimers-disease#1

Weight Watchers

- <https://health.usnews.com/best-diet/weight-watchers-diet>
- www.weightwatchers.com/us

Mayo Clinic

- <https://health.usnews.com/best-diet/mayo-clinic-diet>
- www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/mayo-clinic-diet/art-20045460

Vegetarian

- <https://health.usnews.com/best-diet/vegetarian-diet>
- www.health.harvard.edu/staying-healthy/becoming-a-vegetarian

Anti-Inflammatory

- <https://health.usnews.com/best-diet/anti-inflammatory-diet>
- www.drweil.com/diet-nutrition/anti-inflammatory-diet-pyramid/dr-weils-anti-inflammatory-diet/