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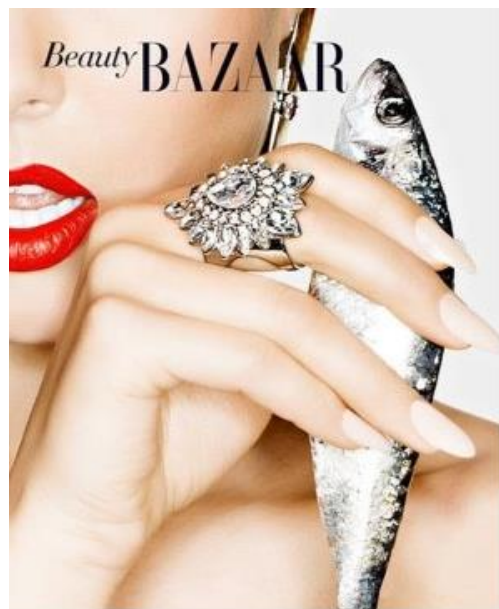
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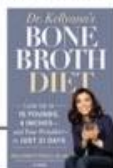


# THE NEW DIETS

Concerned about those pounds left over from the holidays? These buzzed-about weight-loss programs promise to help you slim down and boost your energy. By Liz Krieger

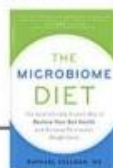
## THE BONE BROTH DIET

YOUR CUP will runneth over with savory bone broth on this three-week diet plan by nutritionist Kellyann Petrucci. On two “mini-fast” days a week, you’ll consume broth almost exclusively, and on other days you’ll eat only meat, fish, eggs, and some fruits and veggies, plus two “snacks” of bone broth. Ditch dairy, grains, soy, and sugar. Petrucci says you’ll lose weight, and the collagen-rich gelatin in the bone broth will help tamp down inflammation, ease joint aches, boost your immunity, and make your skin smoother. **Pros:** Bone broth is packed with valuable nutrients that have a low caloric impact. And there’s evidence that intermittent fasting can be a valuable tool in weight loss. Also, making the broth is easy. **Cons:** Some people definitely don’t like the meaty smell and taste of bone broth. **Expert says:** This diet can be a great jump-start for weight loss, says Liz Applegate, director of sports nutrition at the University of California, Davis, especially for people who do best with a clear, strict plan. “but where are the clinical trials to back up the other claims? Just because something you eat comes from bones doesn’t mean that it will go straight to healing your joints.”



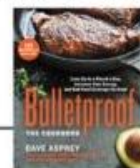
## THE MICROBIOME DIET

THIS PLAN, by holistic doctor Raphael Kellman, focuses on the trillions of tiny microbes in your intestines—and how they control weight as well as your overall wellness. It encourages you to adhere to a diet rich in probiotics from fermented foods (kimchi, sauerkraut) and eliminate those that have “unhealthy bacteria”—including processed foods, all grains, sugars, gluten, and dairy—at least for the first three weeks. Microbiome powerhouses: asparagus, garlic, carrots, jicama, leeks, okra, onions, radishes, and tomatoes. **Pros:** After the initial three-week phase, Kellman says, you’re allowed to reintroduce many foods—eggs, gluten-free whole grains, sweet potatoes, and some dairy—and ultimately you should try to stick to this phase of the diet 70 percent of the time. **Cons:** Fermented foods aren’t exactly crowd-pleasers. **Expert says:** “By excluding certain foods—i.e., no pastrami sandwiches—you will lose weight, yes. And I like the emphasis on whole foods and those that promote the growth of good bacteria,” says Applegate, but adds that you can’t overhaul your gut that quickly. “Much of what determines your microbiome isn’t entirely up to what you put in your mouth.”



## THE BULLETPROOF DIET

A CORNERSTONE of this diet by Dave Asprey is, of course, starting the day with the namesake Bulletproof coffee—a low-mold coffee blended with grass-fed butter and coconut- and palm-oil extracts. The main idea is to get 50 to 60 percent of your daily calories from healthy fats (such as grass-fed butter, coconut oil, and avocado), 20 percent from protein (mostly grass-fed meat and wild-caught seafood), and the remaining 20 to 30 percent from vegetables. Gluten, sugar, grains, vegetable oils, and legumes are considered “kryptonite.” Asprey says being “bulletproof” means that you’ll be full of energy and without brain fog or any cravings. **Pros:** Asprey recommends six to 11 servings of veggies per day, which ensures great fiber and antioxidant intake. Fans claim that Bulletproof coffee helps stave off hunger spikes. **Cons:** Fat-phobes may balk at all the butter and oil, and the lack of fruit may be disappointing. **Expert says:** Making permanent tweaks to your dietary habits is good, Applegate says, because “that kind of lifestyle change is exactly what it takes to sustain weight loss.” However, the large amount of fat may not be appropriate for everyone, she adds. ■



CLOCKWISE FROM TOP: TILMAN; ABOVE: COURTESY; MICHAEL BOGOS; DAVID NIELSEN; MICHAEL BOGOS

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