

Classification Essay Sample

Types of Diets

A diet can be described as a plan for drinking and eating that is fixed to the amount and the type of foods and drinks that one has to ingest in order to achieve a specific lifestyle. There are several types of diets that can be divided according to their aims, such as: diets which concern making changes with one's weight; diets which are prescribed to people with certain diseases; diets which one follows according to his or her views and values.

The most popular diets are those which concern the changes in weight. The main factors affected such a popularity of this type of diets are fashion industry and popularization of healthy lifestyle. One of the diet that is popular with people who want to maintain the weight they currently have or lose it is the zone diet. This is where the carbohydrates, proteins, and fats are balanced in a ratio of 4:3:3 respectively (Pellizzon, and Ricci 36). This means if the food has 40% carbohydrates, then it should have 30% proteins and 30% fats. A person who wants to lose his or her weight should take food with unrefined carbohydrates, fats such as avocados and olive oils, as well as nuts.

Other type of diet that is related to weight changes is Weight Watchers' diet. People who would want to skip exercises to burn calories adopt this diet as well as maintaining a network of like-minded friends who form an association. The weight watchers can either meet physically or online or encourage each other on how to lose weight. This diet is more psychological than nutritional.

Many diseases are associated with lifestyle and therefore many diets are prescribed by doctors to people who suffer from certain diseases. Thus, Atkins diet focuses on insulin levels

control. It is mostly found in food rich in fats and proteins (Wakana, et al 24). People with high insulin levels avoid foods rich in refined carbohydrates because they trigger energy levels in the body making it release more insulin.

People suffering from epilepsy and other brain disorders are advised to take the kinetic diet. This means they reduce the uptake of carbohydrates and ingest foods that are rich in fats. This allows the body to burn fats as fuel as opposed to carbohydrates. These fats are broken down to produce ketones which are essential for brain metabolism. However, this diet should be avoided by people suffering from diabetes 1 because their consumption may result in a diabetic coma which may lead to death.

The third type of diets we discuss in this essay, is one related to views and values. One of the most popular diet associated with religion and ethics, not science, is vegetarian. Many people are vegetarians by choice or because of their religious affiliations (Mohsen, et al 69). Vegetarians can be divided into different categories such as semi-vegetarians, pesco vegetarians, ovo-vegetarians, living food diet vegetarians, lacto-ovo vegetarians, fruitarian vegetarians and lacto-vegetarians. Majority of vegetarians are categorized as Lacto-ovo vegetarians, that is, they do not eat animal products except honey, dairy, and eggs. Vegetarians have a longer life expectancy, suffer less from diseases and have a lower body weight compared to people who eat meat.

A vegan diet is more philosophical than nutritional. People who observe this diet avoid all animal products mostly for environmental, compassionate and ethical reasons. They argue that if everybody consumed plants' products, then animals, who share the same life as human beings would suffer less and the environment would remain healthy (Wakana, et al 25).

There are people who observe the raw foodism diet (Pellizzon, and Ricci 38). They consume organic foods and drinks, which are not processed in any way. They eat uncooked food

which is mostly plant products the four main types of raw foodists include the raw carnivores, raw omnivores raw vegans, and raw vegetarians.

A type of diet people choose depends on reasons that boost them to follow a diet. Those people who want to take preemptive measures and avoid lifestyle diseases adopt a diet which helps them to keep balance among carbohydrates, proteins, and fats. Some people had to keep specific diet, such as people who suffer from diabetes 1. Others follow diets that correspond their views. There is not better or worse diet. One should choose a diet according to his or her aims.

Works cited

Danesh Mesgaran, Mohsen, et al. "In Vitro Yield of Microbial-N from Fermentation of

Glucogenic and Lipogenic Diets Provided by Different Sources of Rumen Degradable Amino Acids." *Journal of Veterinary Science and Technology*, vol. 8, Jun. 2017.

Izumiya, Wakana. "Effects of the Feeding of Different Types of Diets on Serum and Liver

Lipid Levels in Rats: Comparison among Japanese, Western- and Chinese-Style Foods with Equivalent Caloric Content." *Bulletin of Morioka Junior College Iwate Prefectural University*, vol. 17, Mar. 2015, pp. 23–30.

Pellizzon, Michael A., and Matthew R. Ricci. "The common use of improper control diets in

diet-induced metabolic disease research confounds data interpretation: the fiber factor." *Nutrition & Metabolism* Jan, 2018, p. 3.

This classification essay sample is provided by [Essay Tigers](#).

[More Samples](#) | [Buy Classification Essay](#) | [Buy Essays](#) | [ORDER ESSAY](#)