Dietary Options Research

**Purpose**: Use this activity to learn about various dietary options: vegan, vegetarian, diet plans.

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| Diet Plan | Definition | Advantages | Disadvantages | Sample Meals |
| Vegan |  |  |  |  |
| Vegetarian |  |  |  |  |
| Flexitarian |  |  |  |  |
| Volumetrics |  |  |  |  |
| WW *Weight Watchers* |  |  |  |  |
| Keto |  |  |  |  |
| Mediterranean |  |  |  |  |
| DASH |  |  |  |  |
| Atkins |  |  |  |  |
| South Beach |  |  |  |  |