

NEW FOOD RULES

Alternative Diets: Cool or Crazy?

Many modern diets are full of sugars and chemicals, which can cause serious health problems like obesity, cancer and diabetes. You could say that we are eating ourselves to death. But some people are fighting back against fat, and the health problems that come with it, by changing the way they eat. Like other fashion trends, diets come and go (= appear and disappear), while others have a bad name (= bad reputation). What do you think about the following diets?

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Fruitarianism

If your diet is 75% or more fruit based, you might be classified as (= considered) a fruitarian. Many fruitarians believe that food should be eaten raw (= uncooked) in its whole, natural form because this is the natural state for humans. Fritarianism is similar to veganism but much stricter. They only eat fresh or dried fruits, or **nuts**¹, but no animal products. Some fruitarians don't eat **grains**², while others do, and some only eat fruit that has naturally fallen from a plant.

Raw Foodism

Humans are the only animals that cook their food. People who follow a raw diet believe that this is why we suffer from health issues like cancer and diabetes. Raw food proponents (= people who promote an idea) only eat uncooked and unprocessed* foods such as fruits, vegetables, nuts, **seeds**³, eggs, fish, and meat. Some foods like cheese, yogurt, and pickles* are also OK, but sugar, alcohol, and **caffeine**⁴ are no-nos⁵.

Cleanses

Cleanse diets, where you drink a special mix of ingredients instead of eating, are designed to make you lose weight quickly, and claim to remove toxins from your body. Many doctors are skeptical about their benefits, but celebrities swear by (= strongly believe in) them. Companies selling pre-packaged programs have jumped on this trend, and more and more people are trying them to make their skin nicer, lose weight or detox (= clean) their bodies. One of the most popular cleanses started in the 1940s and is called the Master Cleanse. For ten days, the only thing you can have is a mixture of water, lemon juice, cayenne pepper* and **maple**⁶ syrup.

Paleo Diet (or Stone Age Diet)

Before agriculture (= farming) and industry, humans picked fruits and vegetables and went hunting and fishing for meat. People on the paleo diet try to follow these eating habits of our **ancestors**⁶ and only eat vegetables, fruits, nuts, **roots**⁷, and meat, but no dairy (= milk) products, grains, sugars, salt, alcohol, or caffeine.

Veganism

Vegetarians come in many forms. The main difference between a vegan and a vegetarian diet is that vegans follow a strictly plant-based diet and do not eat any animal products at all. Most vegetarians will eat eggs and dairy products, but do not eat any fish. Pescatarians are like vegetarians but also eat fish and seafood*. Dietary vegans and are often focused on health, while ethical vegans follow a vegan diet, and are also against the use of animal products for any purpose. They won't even use honey, leather, or wool.

Vocabulary

- 1 **nuts** [nʌts] – ořechy
- 2 **grains** [greɪnz] – obilniny
- 3 **seeds** [si:dz] – semínka
- 4 **caffeine** ['kæfi:n] – kofein
- 5 **maple** ['meɪp(ə)l] – javor, javorový
- 6 **ancestor** ['ænsəstə] – předchůdce, předek
- 7 **roots** [ru:ts] – kořínky

Glossary*

- unprocessed** – has not gone through any chemical or industrial treatment in order to preserve it or improve its taste
- pickles** – vegetables that have been preserved in a vinegar (octové) sauce
- no-no** – (informal) something that is not allowed

- cayenne pepper** – red powder made from a type of pepper and used to give a spicy taste to food (kajenský pepř)
- seafood** – animals we eat that live in water, such as fish, crab, lobster (humr), and shrimp (garnát)

Language Point

The word **diet** not only means eating less because you want to lose weight or following a plan for health reasons (dieta). It also refers to the foods that someone usually eats (jídelniček). Can you find both meanings in the article?