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# AARP New American Diet

The AARP New American Diet was created by John Whyte, MD, MPH, and is based on the National Institutes of Health (NIH) AARP Diet and Health Study. With over 500,000 participants, this study is the largest of its kind in the field of diet and health.

The AARP New American Diet uses tips and advice drawn from the NIH study to help readers lose up to 10 pounds in two weeks. Proponents encourage a nutritious breakfast every day that includes protein, whole grains, and fruit. Increased consumption of water is promoted, fish is touted as a crucial component, and low-fat dairy is encouraged.

The plan advocates inspection of food labels and eating out less frequently, and warns dieters to avoid traditional diet foods that may be highly processed and full of sugar. Evidently, this dietary approach combines concepts from both the American and Mediterranean diet.

## Foods to include:

- Vegetables
- Fruits
- Whole grains
- Lean meat
- Lean poultry
- Fatty fish
- Eggs
- Beans
- Low-fat dairy
- Nuts and seeds
- Healthy oils

## Foods to avoid:

- Sugar
- Processed foods
- Fried foods
- Refined grains
- Artificial sweeteners

## Pros:

- Promotes balanced intake of food groups
- Includes 30-day meal plan
- No calorie counting required
- Based on scientific research
- Can be a lifestyle rather than a diet
- Practical advice – not a fad

## Cons:

- Coffee as a health-promoting beverage is controversial
- Dieters may experience rebound weight gain after first 30 days
- Difficult for some to avoid fried foods and other indulgences

## Sources:

John Whyte's *AARP New American Diet: Lose Weight, Live Longer*  
NIH-AARP Diet & Health Study [www.aarp.org](http://www.aarp.org) <http://www.aarp.org>  
AARP Diet [www.everydaydiet.org](http://www.everydaydiet.org) <http://www.everydaydiet.org>

