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Dukan Diet

The Dukan Diet was created to help French women stay thin by incorporating a protein-based diet into their lifestyle. The founder, Pierre Dukan, MD, nutritionist, pulled from his 10 plus years of nutrition research, working with patients to fine tune his approach. His plan swept Europe and was later introduced to the United States to help combat obesity.

The diet is based on four phases and emphasizes high-protein, low-carb, and low-calorie foods including a list of 100 allowed foods (72 proteins and 28 vegetables). A key feature is the incorporation of oat bran every day, in multiple forms, from porridge to cookies, along with drinking plenty of water. The plan also requires at least 20 minutes of walking every day.

Foods to include:

- Low-carb vegetables
- Low-carb fruits
- Lean meat
- Lean poultry
- Lean fish
- Eggs
- Beans
- Non-fat dairy
- Nuts and seeds

Foods to avoid:

- Sugar
- Whole grains
- Refined grains
- Processed foods
- High-fat foods
- Trans fats

Pros:

- Emphasizes whole foods
- Honors bio-individuality
- Specific guidelines are easy to follow

Cons:

- Restrictive and may be difficult to sustain for some
- Some may require healthy fats
- Some may require more than 20 minutes of walking to see optimal results

Sources:

Dr. Pierre Dukan's *The Dukan Diet: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever*

The Dukan Diet www.dukandiet.com [.\(http://www.dukandiet.com\)](http://www.dukandiet.com)

The Dukan Diet Review www.webmd.com [.\(http://www.webmd.com\)](http://www.webmd.com)

Introduction to the Dukan Diet – U.S. and Canada www.youtube.com [.\(http://www.youtube.com\)](http://www.youtube.com)