



Review Article

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Eating Healthy (“The No White Diet”)

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Abstract

The “No White Diet” is a dietary regimen that focuses on limiting or avoiding certain white-colored foods, typically viewed as processed or high in refined carbohydrates and sugars. This review aims to explore the key principles and food guidelines of the “No White Diet,” emphasizing the importance of consuming nutrient-dense, whole foods for improved health and well-being. The core principle of the “No White Diet” revolves around the exclusion of white-colored foods that are often linked to empty calories and poor nutritional value. This includes sugar, wheat products, white rice, white potatoes, and white flour. By eliminating these items, individuals can transition towards a low-carb, nutrient-rich diet that promotes overall health and weight management. In addition to avoiding the aforementioned white foods, the diet may also recommend reducing sodium intake by limiting regular table salt, as well as restricting high-saturated fat, sugar, cow dairy products like whole milk and full-fat cheeses. Processed foods such as white crackers, chips, and sugary cereals, which offer little nutritional benefit, are also typically excluded from the “No White Diet.” Conversely, the “No White Diet” encourages the consumption of a variety of colorful fruits and vegetables, whole grains like brown rice and quinoa, lean proteins such as chicken, fish, legumes, and some tofu, as well as healthy fats from sources like avocado, olive oil, nuts, and seeds. Dairy alternatives like goat milk are preferred over cow milk, cheese, and butter to reduce potential allergens. By opting for whole, non-GMO/organic, and hypo-allergenic foods, individuals following the “No White Diet” aim to improve their nutritional intake, support weight loss efforts, enhance energy levels, and reduce the risk of chronic diseases associated with poor dietary choices. Fresh herbs, spices, and seasonings are recommended for flavoring dishes without relying on added sugars and salt, contributing to a more balanced and satisfying eating experience. The “No White Diet” offers a structured approach to eating healthily by prioritizing nutrient-dense foods and minimizing intake of processed, empty-calorie items. By following the guidelines outlined in this review article including “the no white diet” and making thoughtful food choices, individuals can work towards improving their overall health, achieving weight management goals, and enhancing their well-being through a diet rich in essential nutrients and whole food sources.

Keywords: Eating healthy, Eating local, Food supplements, Fruit choices, Healthy food oils, Hypoglycemic, Hypoallergenic, “No White Diet”, Keto diet, Low calorie diet, Vegan choices, No cow milk, Goat milk, Sheep cheese, 2000 Calorie diet, Starch and Vegetable choices, Intermittent fasting, Carnivore diet

Acronyms: ALA-Alpha-Linolenic Acid; CSA-Community-Supported Agriculture; DHA-Docosahexaenoic Acid; EPA-Eicosapentaenoic acid; LCKD-Low-Carbohydrate Ketogenic Diets; MCTs-Medium-Chain Triglycerides; OMAD- One-meal-a-day; VLCKD- Very Low-Carbohydrate Ketogenic Diet

Introduction

Poor diet has been attributed to various types of malnutrition [1] as well as the primary risk factor for disability and even death globally [2]. The high global prevalence to poor nutritional status is due to unhealthy food environments and poor food systems. According to High Level Panel of Experts on Food Security and Nutrition [3], factors that can be physical, political, economic and socio-cultural environments in which people live usually influence individual food choices. These factors are collectively forming the food environment that reflects context in which people acquire, prepare and consume food [4]. Local food environments

can be grouped into the community, consumer and organizational nutrition environments [5]. As pointed out by *Glanz, et al.* [5], the community nutrition environment refers to number, type, location and accessibility to food stores in a community while the consumer nutrition environment refers to the availability of healthy food choices, price, promotion, quality and placement of food items. Retail food environment is composed of the community and consumer nutrition environments combined [6]. The retail food environment can therefore be described as accessibility to local food stores and markets, and the availability and affordability of healthy foods in these stores and markets [5].



To understand the dimensions of food access or food environment, you should consider availability, accessibility, affordability, acceptability and accommodation [6]. Contextually in the food environment, availability is defined as the density or presence of different types of food stores within a specified area. Accessibility can be the geographic location of the food stores which is usually defined by the proximity or the diversity or variety of different types of food stores. When looking at food affordability, this is the purchasing power and food prices measured by store audits and price indices [7]. Acceptability looks at people's attitude on the attributes of their local food environment, it is measured as people's perception on quality of foods sold or as store audit food quality score [6]. As reported by *Caspi, et al.* [6], accommodation refers to how well the local retail food environment caters to residents' needs for instance store operating hours and types of payment option offered to customers. *Yamaguchi, et al.* [8] reported that perceptions on availability, accessibility, affordability, acceptability and accommodation in the local retail food environment can be measured. Food choice is a process by which people consider, acquire, prepare, store, distribute, and consume foods and beverages as pointed out by *Sobal, et al.* [9] and it's determined by individual and social factors, as well as physical and macro-level environment [10]. *Turner, et al.* [11] indicated that changes in the food environment due to changes in the food supply and demand usually affect individuals' food choices and hence affect diet quality and dietary habits. Story and colleagues reported that healthy retail food environments have been shown to be characterized by access to food stores such as supermarkets, grocery stores and farmers markets, and limited presence of Fast-Food restaurants in a community, and the availability of healthy affordable food products within stores [12]. A greater dietary diversity can be achieved in a healthy food environment with improved access to fruits and vegetables [13] leading provision of healthier options of pre-packaged foods, prepared and readymade meals in different types of retail food stores [14]. Relationship of the local food environment with dietary outcomes and nutritional status have been reported widely [6,15-19]. The effects of use of

inorganic input effects on downstream has been noted and thus the advocacy for use of food produced organically. In this review article, procedures are provided to guide thoughtful food choices that an individual can pursue as they work towards improving their overall health, achieving weight management goals, and enhancing their well-being through a diet rich in essential nutrients and whole food sources.

What is "The No White Diet"

The "No White Diet" is a dietary approach that involves limiting or avoiding certain white-colored foods that are often considered processed or high in refined carbohydrates and sugars in order to move towards low carbs, also with attention on non-GMO/organic and hypo-allergenic. While the specific rules can vary depending on the source, the general principle of the "No White Diet" is to promote whole, nutrient-dense foods and minimize consumption of processed, empty-calorie foods. While on the program it is essential to refrain from eating sugar, wheat and wheat products such as pasta/couscous, no white rice, white potatoes, or white flour [20]. Some versions of the diet may recommend reducing sodium intake by avoiding regular table salt. Some dairy products, especially those high in saturated fat and sugar, may be limited and includes whole milk and full-fat cheeses. Foods like white crackers, chips, and sugary cereals that are highly processed and lacking in nutrients [21]. Foods included on a "No White" Diet include emphasizing a variety of colorful fruits and vegetables rich in vitamins, minerals, and antioxidants. Choosing whole grains like brown rice, quinoa, oats, and whole wheat bread over refined white grains. Including sources of lean protein like chicken, fish, legumes, and tofu. Milk substitutes and goat milk should be considered. Refrain from cow milk, cheese and butter. Using fresh herbs, spices, and seasonings to add flavor without relying on added sugars and salt. Incorporating sources of healthy fats like avocado, olive oil, nuts, and seeds [22]. Healthy oils [23] are essential components of a balanced diet, providing valuable nutrients like essential fatty acids and vitamin E and choices available to users are shown in Table 1.

Table 1: Health oil choices attributes and benefits [22-31].

Type of Oil	Attributes	Health Benefits
Olive oil	Rich in monounsaturated fats and anti-oxidants.	Heart health and inflammation reduction
Coconut oil	Contains Medium-Chain Triglycerides (MCTs) that are metabolized differently in the body compared to other fats.	Weight management and brain health
Avocado oil	High in monounsaturated fats and vitamin E Has a high smoke point, making it suitable for cooking at higher temperatures.	Can help reduce inflammation and promote heart health [24,25].
Flaxseed oil	Good source of Alpha-Linolenic Acid (ALA), an omega-3 fatty acid It is best used as a dressing or added to smoothies as it is not suitable for cooking at high temperatures	Supports heart health and may have anti-inflammatory effects [26,27].
Walnut oil	Rich in omega-3 fatty acids It has a delicate nutty flavor and is best used in cold dishes or as finishing oil	Beneficial for heart and brain health.

Sesame oil	High in antioxidants, including sesamol and sesamin A good source of polyunsaturated fats.	It is commonly used in Asian cuisines for its distinct flavor and can be used for both cooking and dressing.
Grapeseed oil	Rich in polyunsaturated fats and vitamin E Has a high smoke point, making it suitable for cooking at high temperatures like stir-frying and sautéing [28,29].	
Macadamia oil	Rich in monounsaturated fats, particularly oleic acid, which is a heart-healthy fatty acid found in olive oil [30]. Contains antioxidants like tocotrienols and tocopherols, which can help protect the body's cells from damage caused by free radicals. Has a high smoke point, which means it can withstand high cooking temperatures without breaking down and producing harmful compounds. This makes it suitable for various cooking methods such as sautéing, stir-frying, and baking. Macadamia oil has a delicate, buttery flavor that makes it a versatile ingredient for both cooking and salad dressings. Its subtle taste allows it to complement a wide range of dishes without overpowering other flavors. It is calorie-dense like all oils, so it should be used in moderation as part of a balanced diet.	Linked to improved cardiovascular health and May help lower bad cholesterol levels. Antioxidants have anti-inflammatory properties and may contribute to overall health and well-being [26,27].

It's important to note that while the "No White Diet" can help individuals reduce their intake of processed foods and empty calories, it's essential to ensure that the diet remains balanced and provides all necessary nutrients for overall health [32].

Healthy Food Choices

Making healthy food choices is essential for maintaining overall health and well-being. Include a wide variety of foods from all food groups to ensure you're getting a range of nutrients. This includes fruits, vegetables, whole grains, lean proteins, and healthy fats. Aim to fill half your plate with colorful fruits and vegetables, as they are rich in vitamins, minerals, fiber, and antioxidants that are essential for good health. Choose whole grains such as brown rice, quinoa, whole wheat bread, oatmeal, and whole grain pasta over refined grains to increase fiber intake and support better digestion. Opt for lean sources of protein like poultry, fish, legumes, some tofu, and nuts. Protein is essential for muscle repair, energy, and satiety. Include sources of healthy fats like avocado, olive oil, nuts, seeds, and fatty fish (such as salmon or mackerel) to support heart health and brain function. Choose low-fat or non-fat dairy options like skim milk, and reduced-fat cheeses to meet your calcium and protein needs while minimizing saturated fat intake. Reduce intake of foods and beverages high in added sugars, such as sugary drinks, sweets, and processed snacks. Opt for naturally sweet options like fruits for a healthier alternative. Be mindful of portion sizes to avoid overeating, especially with calorie-dense foods. Use smaller plates, read labels, and listen to your body's hunger and fullness cues. Drink plenty of water throughout the day and limit sugary drinks and excessive caffeine intake. Water is essential for overall hydration and bodily functions. Opt for healthier cooking methods like grilling, baking, steaming, or sautéing with minimal oil instead of deep-frying. This helps retain nutrients in food and reduces added fats [33].

Remember, a healthy diet is not about strict rules or deprivation but about making informed choices that support your health goals. Balance, moderation, and consistency are key components of a sustainable and nourishing eating pattern [34].

No Cow Milk

Cow's milk and cow's milk products such as yogurts, cheeses, etc. should be avoided. Sheep and goat's milk products are allowed. Goat milk can be a healthy choice for some individuals, depending on their dietary preferences, nutritional needs, and health considerations. There is health benefits associated with use of goat milk. Goat milk is rich in essential nutrients such as protein, calcium, phosphorus, and vitamins like vitamin A and vitamin D [35-40]. It contains slightly lower levels of lactose compared to cow's milk, making it potentially easier to digest for some people with lactose intolerance. The fat globules in goat milk are smaller than those in cow's milk, which some individuals find easier to digest. Goat milk contains all nine essential amino acids, making it a complete protein source that supports muscle maintenance and overall health. Goat milk is a good source of minerals like calcium and phosphorus, which are essential for bone health and various bodily functions [35-37]. Goat milk naturally contains vitamin A, which is important for vision and immune function. Some brands may also be fortified with vitamin D for bone health. Individuals who are allergic to cow's milk or have lactose intolerance may find that they can tolerate goat milk better due to differences in protein and lactose content. It's important to note that while goat milk may be easier to digest for some. Some people prefer the taste of goat milk, which is slightly tangy and distinct from cow's milk. It can be a great option for adding variety to your diet. Goat milk is available in various forms, such as whole, reduced-fat, and lactose-free options, making it versatile for drinking, cooking, and baking [41].

Sheep Cheese

Comparing sheep cheese to cow milk cheese in terms of health benefits is complex and depends on various factors. Sheep cheese is known for its rich and distinct flavor. It tends to have higher levels of protein, calcium, and certain vitamins compared to cow milk cheese. Sheep cheese typically contains higher levels of fat, including more healthy fats like omega-3 fatty acids. However, this can also result in higher calorie content. Sheep cheese may contain lower levels of lactose compared to cow milk cheese, making it easier to digest for some individuals with lactose intolerance. Sheep cheese is known for its excellent amino acid profile, but cow milk cheese also provides essential amino acids. Sheep cheese is known to be rich in minerals like calcium and zinc [35,36,42,43].

2000 Calorie Diet and Eating in Moderation

A 2000 calorie diet is a general benchmark used for nutritional guidance. It represents the average daily caloric intake recommended for adults to maintain their weight, although individual needs may vary based on factors like age, gender, weight, activity level, and overall health. Aim to distribute your calories from different macronutrients - carbohydrates, proteins, and fats - in a balanced way. As a general guideline, this could include around 10-35% of total calories from protein, 20-35% from fats while carbohydrates ranges are given in Table 2. Focus on nutrient-dense foods that provide essential vitamins, minerals, and other key nutrients within your calorie limit. Include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals. Be mindful of portion sizes to avoid overeating, especially calorie-dense foods like oils, nuts, and processed snacks. Using measuring cups, a food scale, or visual cues can help with portion control. Plan your meals and snacks in advance to ensure they align with your calorie goals and contain a good balance of nutrients. This can help prevent impulsive food choices and support a more nutritious diet. Regular exercise is important for overall health and can help you manage your weight. Combining a 2000 calorie diet with appropriate physical activity can support better health outcomes (at least 20 minutes of vigorous exercise per day). Remember to drink plenty of water throughout the day to stay hydrated and support your body's functions. Sometimes thirst can be mistaken for hunger, so staying hydrated may also help manage appetite. If you have specific dietary concerns, health conditions, or weight management goals, consider consulting a healthcare provider or a registered dietitian to develop a personalized nutrition plan tailored to your needs [34].

Table 2: Amount of Carbohydrate (g/day) in different types of diet [53].

Type of Diet	Amount of Carbohydrate (g/day)
VLCKD	20-50
Low Carbohydrate	<130
Moderate Carbohydrate	130-230
High Carbohydrate	>230

Note*: VLCKD: Very Low-Carbohydrate Ketogenic Diet.

Meat and Fish Choices

Incorporating lean meats and fatty fish into your diet can be a great way to obtain essential nutrients like protein, omega-3 fatty acids, vitamins, and minerals. Lean meats include skinless chicken breast, which is a great source of lean protein, low in fat, and versatile for various recipes. Turkey is another lean protein option that can be used in place of higher-fat meats like beef. For lean beef, opt for cuts like sirloin, tenderloin, or round cuts that are lower in saturated fats. For lamb, opt for lean cuts of lamb like loin, shank, or leg, and trim visible fat before cooking to reduce overall fat content. In moderation and as part of a balanced diet, lean cuts of lamb can provide valuable nutrients and contribute to a healthy eating plan. As with any food, the key is to enjoy lamb in moderation, choose lean cuts, practice portion control, and balance your overall diet with a variety of nutrient-dense foods. Venison and bison are the lean red meat options with a rich flavor and lower fat content compared to beef [32]. For fatty fish; salmon is rich in heart-healthy omega-3 fatty acids; salmon is a popular choice for its flavor and nutritional benefit. Mackerel is another oily fish high in omega-3s, also a good source of vitamin D. Sardines is a small fish with big nutritional benefits that is packed with omega-3s and calcium. Trout is a flavorful fish that is high in protein and omega-3 fatty acids. Herring is a nutrient-dense fish that is particularly high in omega-3s and vitamin D [44].

When choosing meat and fish, select for whole cuts of meat and fish over processed options like sausages or deli meats, which may contain added sodium and preservatives. Choose healthier cooking methods like grilling, baking, or broiling to minimize added fats and oils. Control portions, be mindful of portion sizes to moderate calorie intake and ensure a balanced diet. Variety is key, rotate between different types of meats and fish to ensure a diverse nutrient intake. By incorporating a variety of lean meats and fatty fish into your diet, you can enjoy delicious meals while reaping the nutritional benefits they offer [34].

Eating Keto

Low-Carbohydrate Ketogenic Diets (LCKD)

In an open letter to the public published in 1869, William Banting in the fourth edition of his paper entitled "Letter on Corpulence, addressed to the Public," reported that a low-carbohydrate diet is very effective in reducing body weight [45]. According to Paoli [46] LCKD have been used in the treatment of diabetes and pediatric epilepsy before its use for obesity. Recently, further studies have indicated benefits associated with LCKD to include the treatment of attention deficit/hyperactivity disorders [47], infantile spasms, bipolar illness [48,49], Alzheimer's disease, and brain tumor [50]. According to Chester, et al. [51] and Krebs [52], a high-fat diet changes the body's metabolism to a new direction. Fatty acids usually undergo oxidation in the liver to form ketone bodies. When ketone bodies are formed in excess of the body's ability to metabolize, they are usually accumulating in the body resulting in ketosis which is caused by high fat diet referred to as ketogenic diet. For effective comparison of the ketogenic diets in various studies, definitions of low-carbohydrates diets in different forms were suggested by Feinman, et al. [53] as shown in Table 2.

Table 3 presents percentage of nutrient content of different types of diet including Atkins diet [54], Kwasniewski's, Zone [55], and the South Beach Diet [56].

Table 3: Percentage of nutrient content in different types of diet [54-56].

Type of Diet	Content (% of nutrients)
Atkins diet*	3-16% - carbohydrates
	28-34% - protein
	55-65% - fats
Kwasniewski's diet	9.2% - carbohydrates
	14% - protein
	76.8% - fats
South Beach diet	40% - carbohydrates
	30% - protein
	30% - fats

Note*: *Percentage range depends on individual status.

A ketogenic (keto) diet is a high-fat, moderate-protein, and very low-carbohydrate eating plan designed to shift the body's metabolism away from using carbohydrates as the primary source of energy towards utilizing fats for fuel [57]. A ketogenic diet consists of high-fat foods such as the avocados, nuts and seeds (almonds, walnuts, chia seeds), olive oil, coconut oil, and avocado oil, goat butter and ghee, fatty fish (salmon, mackerel) and high-fat meats. The protein intake is moderate in a keto diet to support muscle maintenance and other body functions. Good sources of protein include poultry (chicken, turkey), beef and lamb, fish and seafood, eggs, tofu and tempeh (low use). Carbohydrate intake is drastically reduced in a keto diet to induce a state of ketosis, where the body starts using ketones derived from fats as its primary fuel source. Carbohydrate sources are typically limited to non-starchy vegetables (leafy greens, broccoli, and cauliflower). Berries (in limited amounts), some nuts and seeds. Foods high in sugar and grains are generally avoided on a keto diet due to their high carbohydrate content. This includes no sugar, no grains and no starchy vegetables [58]. Since the keto diet can have diuretic effects, it's crucial to stay hydrated and ensure an adequate intake of electrolytes like sodium, potassium, and magnesium. Some variations of the keto diet involve cycling periods of higher carbohydrate intake, known as cyclical ketogenic diet or targeted ketogenic diet, to support athletic performance or metabolic flexibility [59]. It's important to note that following a keto diet requires careful planning to ensure adequate nutrient intake and to minimize potential side effects such as the "keto flu."

Side Effects of Ketogenic Diet

According to *Dashti, et al.* [60], there is usually a feeling of lethargy, fatigue, and headache during the shift from carbohydrate to fat based energy utilization or the keto-adaptation [61]. Due to efficacy of LCKD, hypoglycaemia may occur in diabetic patients [62] which may result in significant reduction in the units of insulin required to be administered or cessation or reduction in the doses of oral drugs administered for type 2 diabetes [63,64]. According to *Ballaban, et*

al. [65], dehydration, hypovitaminosis and dyselectrolytemia as the negative events associated with ketogenic diet. To address the side effects, daily supplements of electrolytes, multivitamins, potassium citrate and calcium, vitamin D, and minerals should be given during the period of ketogenic diet administration [66]. A study published by *Hartman & Vining* [67] in 2007, the formation of kidney stones and increased production and the decreased excretion of uric acid as another side effect of LCKD. This is attributed to the limited intake of fluid leading to the suppression of thirst by ketone bodies. Ketone bodies are reported to be involved in the suppression of food intake. Subjects of ketogenic diet have a reduction in the intake of healthy foods such as fruits and vegetables which contain polyphenols and antioxidants that fight against the free radicals. *Milder, et al.* [68] reported that type 2 diabetes is associated with oxidative stress and limiting the supply of polyphenols and antioxidants may increase the imbalance of antioxidant-oxidation system in our body. In order to overcome this situation, it is suggested to supplement the ketogenic diet with extracts of polyphenols and antioxidants, especially in patients with type 2 diabetes. According to *Volek, et al.* [69], constipation is also a noted as a side effect of LCKD, possibly be due to the decreased fiber content and dehydration due to the suppression of thirst by ketones. Such situation can be prevented by increasing the fiber content in the diet, increasing fluid intake and using laxatives [70].

Intermittent Fasting

As reported by *Alnasser & Almutairi* [71], fasting practices have been part of human life for religious, cultural, or health reasons for thousands of years. For Muslims, the culturally intrinsic practice of fasting has been around for centuries. The Muslim community worldwide, including Muslims in Saudi Arabia, fasts for an entire lunar month during Ramadan. It is important to note that intermittent fasting is different from fasting. Traditional fasting is refraining from consuming calories for an extended period. There are several ways to fast ranging from drinking only water to other modified approaches that may include some calories. Fasting duration varies and may be up to 28 days or more. Intermittent fasting has been practiced for millennia [72] and in the preliterate society, intermittent fasting was the norm when food was scarce. Fasting is characterized by longer intervals between meals without enduring nutritional deficiency [73]. According to *Longo & Mattson* [74], fasting is a dietary pattern which encompass cycles of fasting for a duration varying from 12- 24 hours alternating with periods of normal food intake. It is not related to a particular type of diet but a pattern of eating. There exist different regimens of intermittent fasting being practiced and the common pattern included 12-16 hours of daily fasting, 20-24 hours of fasting 2 days a week or more intense patterns, such as alternate-day fasting [75,76]. There are several methods for intermittent fasting. The most common approach to intermittent fasting includes the 16:8 method, involves fasting for 16 hours and eating all meals within an eight-hour window each day. Eat-stop-eat method consists of fasting for 24 hours once or twice a week. 5:2 intermittent fasting approach involves following a regular diet five days a week and significantly reducing caloric in-

take on the other two days. Alternate-day fasting method includes alternating between days of regular eating and fasting. One-meal-a-day (OMAD), with this method, you fast for 20 hours daily and eat one large meal, typically at night.

Biology of Intermittent Fasting

The primary source of energy for humans is glucose. The metabolism of glucose is time dependent such that it is a function of time since the last meal. For humans, the blood glucose level falls shortly after consumption of a carbohydrate meal [77]. Depending on the amount of glycogen stored in the liver and the energy expenditure after that, the glycogen level will be diminished and fat metabolism becomes the energy source, through the production of ketone bodies during the 12-36 hours after carbohydrate intake [76,78]. The brains among several organs, can use ketone bodies of energy requirements. This kind of metabolic switch, from glucose to ketone bodies, is the key characteristics metabolic feature of fasting [72,74]. According to *Browning, et al.* [79], ketone bodies naturally produced during fasting are minimally increased in the first 24 hours after the last meal. It has been reported that the key mechanism of benefits of fasting is through heightened insulin sensitivity which is decreased in type 2 diabetes mellitus [80-85]. Insulin resistance has been attributed to be promoting atherosclerosis and subsequent vascular diseases. Fasting is also associated with reduction in lipid and blood pressure levels in controlled clinical trials in human [86]. Intermittent fasting in principle promotes vascular health. As reported by *Merimee & Fineberg* [87], Fasting has been associated with optimization of cellular metabolism which is evident in alterations in thyroid hormones and amount of free oxygen radicals that are produced as the byproducts of normal oxidative. Free radicals have the potential in causing genome mutations and diseases. During fasting, metabolism and protein synthesis are temporary reduced and free radicals' formation is decreased [88]. Cells are further reported to undergo stress response and adaptation during fasting. The changes include DNA repair, removal of cellular waste, enhanced antioxidant mechanisms or autophagy [88]. When feeding is restored and glucose supply, cells usually regain homeostasis and become more stress resistant. In a report published in 2018 by *Mattson & Arumugam* [88], brain cells in animals maintained on intermittent fasting exhibited improved function and adaptive response metabolic, traumatic, and oxidative stress.

Vegetables and Starches

When choosing hypoallergenic foods consider that many people show signs of allergic reactions to these foods [89]; almonds, soy, eggplant, citrus-oranges (allergies to the fruit and or to the coloring, pesticides, and or other agricultural inputs) and tomatoes, some (sprouted)/whole grains, oats, (sprouted)/beans and whey. In the food allergy prevention space, greater focus has been placed on the early introduction of the complementary diet in infancy which is in contrast to the previous approach of prolonged food allergen avoidance which, in hindsight, may have paradoxically increased the rate of food allergies[90-94].

Incorporating a variety of vegetables (recommended 2 servings daily) and starches into your diet is essential for ensuring a

well-rounded and nutritious eating plan. Dark leafy greens such as spinach, kale, swiss chard, and collard greens are rich in vitamins, minerals, and phytonutrients while being low in calories. Cruciferous vegetables such as broccoli, cauliflower, brussels sprouts, and cabbage are packed with fiber, vitamins, and antioxidants that support overall health. Colorful vegetables such as bell peppers, tomatoes, carrots, sweet potatoes, and beets provide a range of vitamins, minerals, and antioxidants, each with unique health benefits. Legumes including beans, lentils, chickpeas, and peas are excellent sources of plant-based protein, fiber, and essential nutrients like iron and folate. Root vegetables such as potatoes (limit to 2 small potatoes with skin, preferably boiled), sweet potatoes, carrots, and parsnips are rich in fiber, vitamins, and minerals, providing sustained energy and promoting digestive health[95].

For starches; whole grains such as quinoa, brown rice, whole wheat, barley, and oats are nutritious sources of complex carbohydrates, fiber, and essential nutrients like B vitamins and iron. Sweet potatoes is a nutrient-dense tubers that are a great source of complex carbohydrates, fiber, and vitamins like A and C. The legumes, in addition to being a good source of plant-based protein, legumes like beans and lentils also provide a healthy dose of complex carbohydrates and fiber. Despite being high in starch, corn is also a good source of fiber and antioxidants when consumed in its whole form. Opt for products made from whole grains for added fiber, vitamins, and minerals compared to refined grains [22]. By incorporating an array of vegetables and starches into your meals, you can create nutritious and flavorful dishes that provide essential nutrients, fiber, and energy for overall health and well-being.

Vegan Choices

A well-planned vegan diet can provide all the nutrients your body needs while offering numerous health benefits. The plant-based protein sources including legumes (limit if allergic) such as beans, lentils, and chickpeas. Reduce soy products including tofu. For nuts and seeds include almonds, walnuts, chia seeds, hemp seeds, and flaxseeds are rich in protein, healthy fats, and minerals like iron and zinc. For whole grains include quinoa, brown rice, bulgur, farro, and whole wheat provides protein and essential amino acids to support muscle function and overall health [95].

For vitamin and mineral-rich foods; dark leafy greens such as spinach, kale, swiss chard, and collard greens are packed with vitamins A, C, K, and minerals like calcium and iron. Colorful vegetables such bell peppers, carrots, sweet potatoes, and tomatoes provide a variety of vitamins, minerals, and antioxidants for overall health. Seaweed and algae such as spirulina, nori, and seaweed are rich in iodine, iron, and other minerals that may be lacking in a vegan diet [22].

The healthy fats such as avocados are rich in healthy monounsaturated fats; avocados also provide fiber, vitamins, and minerals for heart health and overall well-being. Nuts and seeds such as walnuts, almonds, chia seeds, and flaxseeds are sources of omega-3 fatty acids, beneficial for brain health and inflammation control [96].

For the fortified foods and supplements, since vitamin B12 is primarily found in animal products, vegans may need to supple-

ment or consume fortified foods like nutritional yeast, plant-based milks, or cereals. Calcium and vitamin D help to support bone health, consider fortified plant milks, leafy greens, and supplements if needed. For the omega-3s you should consider algae-based supplements for Eicosapentaenoic acid (EPA) and Docosahexaenoic Acid (DHA) omega-3 fatty acids, important for heart health and brain function[97].

Carnivore (All-Meat) Diet

The carnivore diet is made up of meat, fish, and other animal foods like eggs and certain dairy products, It excludes all other foods, including fruits, vegetables, legumes, grains, nuts, and seeds. It has been claimed to support with weight loss plans, mood issues, and blood sugar regulation. The diet has been found to be extremely restrictive since it eliminates all foods except meat and animal products making it low in vitamin c, folate, has no fiber, and might be difficult to maintain. The carnivore diet stems from the controversial belief that human ancestral populations ate mostly meat and fish and that high-carb diets are to blame for today's high rates of chronic disease [98]. The foods to eat include meat such as beef, chicken, turkey, lamb, etc. Organ meats like liver, kidney, heart, brain; fish includes salmon, mackerel, sardines, tilapia, herring, etc. Other animal products such as eggs, bone marrow, bone broth, etc. [99].

Eating Local

Eating locally grown food can offer a multitude of benefits for both individuals and the community as a whole. The advantages of consuming locally sourced food include the environmental benefits such as reduced carbon footprint; preservation of farmland; and biodiversity conservation. The economic benefits include supporting local economy; job creation; and food security. The health benefits include access to freshness and nutrient content; local produce is often fresher (less spoilage) since it doesn't have to travel long distances, leading to higher nutrient content and better taste. Eating locally encourages consuming foods that are in season, promoting a diverse and well-rounded diet throughout the year and shorter supply chains can lead to less food waste since locally grown produce is less likely to spoil during transport or storage. The community benefits include connection to food sources whereby buying local fosters a closer connection between consumers and their food sources, promoting understanding and appreciation for where food comes from. Farmers' markets and local food events provide opportunities for community engagement, social interactions, and cultural exchange. Local food systems often prioritize transparency and accountability, allowing consumers to inquire about farming practices, food handling, and product origins. By choosing to eat locally sourced foods, you can not only enjoy fresher and more nutritious produce but also contribute to a more sustainable and resilient food system while supporting your local community and economy. Consider exploring farmers' markets, farm-to-table restaurants, and community-supported agriculture (CSA) programs to experience the benefits of eating local firsthand [100].

Fruits

When selecting fruits (recommended 2 servings daily) for your diet, it's essential to prioritize variety to benefit from a wide range of nutrients. The best fruit choices that can offer a diverse array of vitamins, minerals, antioxidants, and fiber should be considered. The berries such as blueberries are rich in antioxidants, particularly anthocyanins, which have been linked to various health benefits, including improved brain function and reduced oxidative stress; strawberries are a good source of vitamin C, manganese, folate, and potassium, with potential benefits for heart health, blood sugar regulation, and cancer prevention; raspberries are high in fiber and antioxidants, such as ellagic acid, which may help protect against chronic diseases like cancer and heart disease [101].

The citrus fruits such as oranges are packed with vitamin C, fiber, and other nutrients that can support immune function, skin health, and heart health. Grapefruits are low in calories and high in fiber and vitamin C, with potential benefits for weight management, heart health, and blood sugar control. Lemon is a good source of vitamin C and plant compounds with antioxidant and anti-inflammatory properties, which can support digestive health and immunity [102].

The tropical fruits such as pineapple that is rich in vitamin C, manganese, and bromelain, an enzyme with anti-inflammatory and digestive benefits. Mango is high in vitamins A and C, as well as fiber and antioxidants, promoting eye health, immune function, and skin health. Papaya contains vitamins A and C, folate, and digestive enzymes like papain, which may support digestion and reduce inflammation [103].

The stone fruits include peaches which is a good source of vitamins A and C, as well as fiber and antioxidants that can benefit skin health, digestion, and immunity. Plums are rich in vitamins K and C, fiber, and antioxidants, which may promote bone health, heart health, and digestion. Cherries are packed with antioxidants and anti-inflammatory compounds; cherries may help reduce exercise-induced muscle soreness and promote sleep quality.

The apples are high in fiber, vitamin C, and antioxidants, apples have been associated with improved heart health, weight management, and digestion. A pear is a good source of fiber, copper, and vitamins C and K, pears can support gut health, blood clotting, and immune function. Including a variety of fruits in your diet can provide numerous health benefits, so aim to incorporate different colors and types of fruits to ensure you're getting a broad spectrum of nutrients to support overall well-being. Remember to choose fresh, whole fruits whenever possible and consider including them in meals, snacks, smoothies, or as healthy dessert options [104].

Supplements

In an ideal scenario, obtaining nutrients through a balanced diet rich in whole foods are the best approach for overall health and well-being. However, in some cases, supplements can be beneficial to fill specific nutritional gaps or address certain health concerns. Supplements can complement a healthy diet. The multivitamin and

mineral supplements ensure you're meeting your daily requirements for essential vitamins and minerals. Omega-3 Fatty Acids (fish oil or algal oil) supports heart health, brain function, and reduce inflammation. Vitamin D supports bone health, immune function, and mood regulation [105,106]. Probiotics promote gut health, digestion, and immunity by supporting beneficial gut bacteria. Calcium and magnesium support bone health, muscle function, and nerve transmission. Consider a supplement that provides both calcium and magnesium in the appropriate ratio for better absorption. Iron prevents or addresses iron deficiency, particularly important for pregnant women, menstruating individuals, and vegetarians/vegans. Vitamin B12 is essential for nerve function, DNA synthesis, and red blood cell production, especially important for vegans and older adults [107,108]. Choose a supplement with methylcobalamin or cyanocobalamin, as they are well-absorbed forms of vitamin B12. A diet focusing on a diverse, nutrient-rich diet should always be the foundation of a healthy lifestyle [109].

Overdosing on Supplements

Overdosing on dietary supplements can have serious consequences and should be avoided. While vitamins and minerals are essential for good health, taking excessive amounts can lead to adverse effects [110]. Some common symptoms of vitamin or mineral overdose may include nausea, vomiting, diarrhea, abdominal pain, headaches, and in severe cases, organ damage. It is important to follow recommended guidelines for supplement intake as established by health authorities or your healthcare provider. If you suspect you have taken too much of a dietary supplement or are experiencing symptoms of overdose, seek medical help immediately. Providing the medical staff with information about the supplement and the amount you have consumed can help in determining appropriate treatment. Additionally, it is advisable to consult with a healthcare provider before starting any new supplement regimen to ensure it is safe and appropriate for your individual health needs and that there are no contraindications for any supplements or medications being used. Eating a well-balanced diet is generally the best way to obtain the necessary nutrients for optimal health, and supplements should only be used when recommended and monitored by a healthcare professional [111].

Low Glycemic and Restricted Carbohydrates Choices

A low glycemic, restricted carbohydrate diet focuses on consuming foods that do not cause rapid spikes in blood sugar levels. Such a diet includes non-starchy vegetables like leafy greens (spinach, kale, lettuce), broccoli, cauliflower, bell peppers, zucchini, and cucumbers. Lean proteins like skinless chicken, turkey, fish, eggs, tofu, and legumes (like lentils and chickpeas) can be included. Healthy fats such as avocados, nuts (almonds, walnuts), seeds (chia, flaxseeds), and olive oil are usually incorporated. When grains are included, choose those with a lower glycemic index, such as quinoa, barley, and steel-cut oats. The fruits that lower-sugar fruits like berries (strawberries, blueberries, and raspberries), apples, and citrus fruits are preferred over high-sugar options like bananas and tropical fruits. Restricted dairy; goat or sheep milk products

or vegan alternatives with low glycemic index i.e. dairy alternatives like unsweetened nut milk. For legumes; beans, lentils, and chickpeas are good sources of fiber and are lower on the glycemic index. The sweeteners; natural stevia and monk fruit can be used as sugar substitutes instead of high-glycemic sweeteners, restrict use of alcohol-based sugars such as erythritol [112].

Hypoallergenic Choices

A hypoallergenic diet is designed to minimize the risk of triggering allergic reactions or sensitivities to certain foods. It typically involves removing common allergens or substances that commonly cause food sensitivities from your eating plan [113]. A hypoallergenic diet may vary depending on individual sensitivities or allergies, but some general guidelines include the elimination of common allergens such as dairy (cow's milk, cheese, yogurt), gluten (wheat, barley, rye, and often oats), soy (soybeans and soy products), eggs (both egg whites and yolks), shellfish (shrimp, crab, lobster, etc.) and nuts (peanuts, tree nuts like almonds, walnuts, etc.).

Focus on whole, minimally processed foods such as fresh fruits and vegetables, except for those to which you may be sensitive. Lean protein sources including poultry, fish (if not allergic), and legumes. Whole grains such as quinoa, rice, and gluten-free grains. Fat products including sources like olive oil, avocado, and seeds (if not allergic). Using fresh herbs and spices to flavor meals naturally and encouraging water intake as the primary beverage choice [114].

For a hypoallergenic diet consider a gradual reintroduction after a period of elimination, slowly reintroduce foods one at a time to identify triggers. Keep a food diary documenting what you eat and any symptoms experienced can help pinpoint potential allergens. Working with a registered dietitian or allergist can help tailor the diet to your specific needs and ensure proper nutrient intake. Pay attention to getting all essential nutrients from alternative sources when eliminating certain food groups. Checking food labels for hidden allergens or cross-contamination is essential. Opt for cooking methods like baking, steaming, or sautéing instead of frying to minimize potential allergen exposure. When preparing meals, use separate utensils and kitchen equipment for allergen-free foods. While a hypoallergenic diet can be beneficial for individuals with food allergies or sensitivities, it's crucial to approach it thoughtfully to ensure it meets your nutritional needs. Always consult with a healthcare provider or a registered dietitian before making significant dietary changes, especially if you suspect you have food allergies or intolerances, to receive appropriate guidance and support [115].

Alcohol

When incorporating alcohol into your diet plan, it's important to make informed choices to balance enjoyment with maintaining your overall health and wellness goals. Moderation is key; limit alcohol intake to moderate amounts, which is generally defined as up to one drink per day for women and up to two drinks per day for men. Be mindful of the additional calories in alcoholic beverages, as they can contribute to weight gain if consumed excessively. Opt for lower-calorie choices like light beer, wine spritzers, or dry wines to reduce overall caloric intake. Select cocktails made with lower-cal-

orie mixers, such as seltzer water, fresh citrus juices, or diet sodas, and avoid sugary mixes. Drink water between alcoholic beverages to stay hydrated and help pace your consumption. Consider non-alcoholic alternatives like mocktails or alcohol-free beer or wine to reduce overall alcohol intake. Take your time to enjoy your drink and savor the flavors. Be aware that alcohol provides calories but limited nutrients, so it's important to factor this into your overall diet. If possible, incorporate alcohol into your meal plan rather than consuming it on an empty stomach to help slow its absorption. Ultimately, making good choices for alcohol consumption within a diet plan involves finding a balance that supports your health goals while allowing for enjoyment. Being informed, mindful, and aware of your choices can help you navigate alcohol consumption in a way that fits into a healthy lifestyle [116].

Monitoring Feces and Urine

Monitoring feces and urine as part of a good choice diet plan can provide valuable insights into your digestive health and overall well-being. Changes in stool consistency, color, odor, and urine output can indicate potential issues or nutritional imbalances. Monitoring stool for consistency whereby a normal stool should be formed but soft, like a banana, and easy to pass. Watery may indicate diarrhea, dehydration, or a digestive issue while hard and dry could signal constipation or a lack of fiber and water in the diet [117].

The stool color; brown is the normal color due to bile pigments; deviations may indicate issues. Green or yellow is often linked to dietary factors or faster transit time or cleansing colors. Red or black could signal bleeding in the upper or lower digestive tract. Mild odor is normal; strong or foul odors could indicate digestive issues or infections. The frequency varies from person to person, but the range is typically 1-3 bowel movements per day to 3 times per week. Significant changes may warrant further investigation [117].

When monitoring urine; pale yellow indicates good hydration

levels. Dark yellow or amber may indicate dehydration; increase fluid intake while red or pink could signal blood in the urine or consumption of certain foods such as beets. Urination frequency, normal is typically 6-8 times a day for hydration levels. Excessive urination may indicate underlying medical conditions like diabetes or urinary tract infection.

Urine volume, the normal output is around 1-2 liters per day; affected by fluid intake and diet. Low output could indicate dehydration; consult a healthcare provider if severe. Urine color and odor, clear, odorless indicates good hydration. Cloudy or strong odor may suggest dehydration, infection, or dietary factors [118].

Good choices for diet influencing feces and urine include drinking plenty of water throughout the day to maintain optimal urine output and color [119]. Ensure a balanced diet with adequate fiber to support healthy digestion and stool consistency. Include a variety of nutrient-rich foods to promote overall health and proper bodily function. Reduce intake of processed foods high in sugar, salt, and unhealthy fats that can impact digestive health. Regularly monitoring your feces and urine, along with making informed dietary choices, can help you maintain optimal digestive health and overall well-being. It's essential to listen to your body, watch for any significant changes, and seek professional advice if you have concerns or persistent symptoms.

Conclusions

Various diet alternatives have been discussed to help individuals make diet decisions. Some may be contradictory and need to be considered individually or combined for total benefits. "The No White Diet" as a dietary regimen can promote good health in a variety of ways. Healthy foods, healthy oils, wise choices for proteins, vegetables, starches, calorie restrictions and preferences to hypoallergenic, hypoglycemic, non-GMO, vegan, keto, alcohol consumption, and monitoring gut health can provide longevity as summarized in Table 4.

Table 4: Diet Worksheet.

Diet Worksheet	
A healthy diet is the foundation of your overall well-being. By making informed food choices, you can improve your health, manage your weight, and boost your energy levels.	
The "No White Diet" is a simple yet effective approach that helps you avoid processed and refined foods, which are often low in nutrients and high in empty calories.	
The No White Diet	<p>Avoid white foods like sugar, white rice, white potatoes, and white flour. These foods are often stripped of their nutrients during processing, leaving you with little more than empty calories.</p> <p>Incorporate whole grains like brown rice and quinoa, along with colorful fruits and vegetables. These foods are rich in vitamins, minerals, and antioxidants that support your overall health.</p> <p>Choose lean proteins such as poultry, fish, legumes and tofu to help maintain muscle mass and keep you feeling full.</p> <p>Add healthy fats from sources like avocado, olive oil, nuts, and seeds. These fats are essential for brain health and help you absorb fat-soluble vitamins.</p>
Make Healthy Food Choices	<p>Fill half your plate with up to a serving of colorful fruits and vegetables. The colors in these foods often indicate different nutrients, so by including a wide range, you're ensuring a balanced intake.</p> <p>Opt for whole grains like brown rice, oats, and quinoa. These grains are higher in fiber, which aids digestion and helps regulate blood sugar levels.</p> <p>Select lean proteins. Protein is vital for repairing and building tissues, and it plays a key role in metabolic functions.</p> <p>Incorporate healthy fats into your diet, they support cell function and are crucial for absorbing certain vitamins.</p>

Switch to Dairy Alternatives	Consider switching from cow's milk to goat or sheep milk, or explore plant-based alternatives. Goat and sheep milk tend to be easier to digest and less likely to cause allergic reactions.
Follow a Balanced Calorie Intake and Practice Moderation	Balance your daily intake by distributing calories between protein, fats, and carbohydrates. This approach helps you stay energized and maintain a healthy weight. Practice portion control by using smaller plates and being mindful of how much you eat. This simple habit can prevent overeating and help you tune into your body's hunger cues. Stay hydrated by drinking plenty of water throughout the day. Hydration is key to all bodily functions, from digestion to brain function. Drink at least 2 liters per day.
Select Lean Meats and Fatty Fish	Choose lean meats like chicken, turkey, and lean beef. These options provide high-quality protein without excessive saturated fats. Incorporate fatty fish such as salmon, mackerel, and sardines into your diet. These fish are excellent sources of omega-3 fatty acids, which support heart health and reduce inflammation.
Use Healthy Oils	Cook with healthy oils like avocado, macadamia and walnut oil. These oils not only add flavor to your meals but also provide essential fatty acids that support your heart and brain health.
Explore Additional Diets	Consider intermittent fasting if it aligns with your lifestyle. Fasting can promote better insulin sensitivity and aid in weight management. Explore plant-based options by focusing on nutrient-dense vegetables, legumes, and grains. A well-planned vegan diet can meet all your nutritional needs while offering numerous health benefits. If interested, try a keto diet by focusing on high-fat, low-carb foods. This approach can help shift your metabolism and support weight loss.
Embrace Local and Seasonal Eating	Support your health and your community by choosing locally grown produce. Local foods are often fresher and more nutrient-dense because they don't have to travel long distances. Focus on seasonal foods to ensure variety and enjoy the peak flavors and nutrition that each season offers.
Monitor Your Health	Pay attention to your body's signals, such as changes in digestion or energy levels. Monitoring your stool and urine can provide valuable insights into your digestive health. Supplement wisely if you feel you're not getting enough nutrients from your diet. Always aim to get your vitamins and minerals from whole foods first. Do at least 20 minutes a day of vigorous exercise.
Prioritize making informed food choices every day. A balanced, nutrient-rich diet is key to achieving long-term health and vitality. Remember that balance, moderation, and consistency are the pillars of a healthy eating pattern. It is recommended you have a 2000 calorie per day diet.	
Experiment with simple, healthy recipes that fit into your lifestyle. Plan your grocery shopping with a focus on whole, organic unprocessed foods to make it easier to stick to your goals.	

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Conflict of Interest

None.

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