The Experts Have Decided:
The Best and Worst Diets for 2020

Well, 25 health and wellness experts weighed in on the best and worst diets for 2020 and there are some popular ones that are listed as the worst. Before we dig in to see what the experts had to say, we need to know what the criteria is for the ‘best’ diet. Experts considered balance, maintainability, palatability, family-friendliness, sustainability and healthfulness when ranking the diets.

The winner, for the third year in a row, is the well-researched Mediterranean diet because it checks all the boxes and emphasizes simple, tasty, plant-based cooking. Following closely behind are the DASH, flexitarian, WW (rebranded Weight Watchers) and MIND diets.

What about the diets listed as the worst? Some may find it upsetting that the trendy keto diet came in next to last, just behind the obscure Dukan diet. The diets listed as the worst are lacking in maintainability, family-friendliness, sustainability and healthfulness just to name a few, and omit a food group rather than encouraging moderation and balance.

To read the full article and learn more about the best diets please visit [https://www.cnn.com/2020/01/02/health/best-diet-worst-diet-2020-wellness/index.html](https://www.cnn.com/2020/01/02/health/best-diet-worst-diet-2020-wellness/index.html).

Reference: CNN Health, 1/2/2020

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HARVEST OF THE MONTH RECIPE—♥FEBRUARY

Blood Orange Ricotta Salad

Yield: 4 servings

3 each Cara Cara Oranges
4 each Blood Oranges
4 cups Spring Lettuce Mix
6 oz Ricotta
¼ cup Olive Oil
1 tsp Black Pepper

1. Peel Cara Cara oranges and 3 of the 4 blood oranges (reserve 1 for juice).
2. Juice the reserved blood orange in a small bowl and set aside.
3. Thinly slice oranges crosswise.
4. Arrange orange slices in a shallow serving bowl. Top with lettuce mix and sprinkle ricotta on top.
5. Add olive oil and black pepper to the blood orange juice. Sprinkle on top of salad. Enjoy!