



THE FITNESS DUDE SYSTEM

DIET TRENDS DECODED

WHAT DIETS ACTUALLY DO,
WHY THEY WORK, AND WHERE THEY
GO WRONG



CUT THROUGH THE **NOISE**.
UNDERSTAND THE TRUTH.



SEE WHAT ACTUALLY
WORKS (AND WHY).



AVOID THE **HYPE**.
SKIP THE **TRAPS**.



CHOOSE WHAT FITS
YOUR GOALS AND LIFE.



MAKE **SMARTER** CHOICES.
GET BETTER RESULTS.



REALISTIC STRATEGIES.
SUSTAINABLE **SUCCESS**.

FOCUS ON
PRINCIPLES.
NOT HYPE.

LESS PAIN. MORE GAIN.

TREND CHECK

	LOW-CARB / KETO	✓
	LOW-FAT	✗
	INTERMITTENT FASTING	✓
	PLANT-BASED / VEGAN	✓
	CARNIVORE	✗
	DETOX / CLEANSSES	✗
	FAD DIETS	?
	CALORIE CYCLING	✓
	IF IT SOUNDS TOO GOOD...	✗



DIET TRENDS DECODED

What Diets Actually Do, Why They Work, And Where They Go Wrong

Every year, a new diet appears.

New name.

New rules.

New promises.

Same confusion.

Low-carb. Keto. Low-fat. Fasting. Detox. Vegan. Carnivore. Clean eating. Reset protocols.

This document is not here to say that all diets are wrong.

Some diets can work.

Some can be useful for a period.

Some can help certain people simplify food choices and stay more consistent.

But no diet bypasses the basic principles.

A diet does not magically override energy balance.

At best, it gives you a structure that makes the principles easier to apply.

At worst, it creates stress, hunger, rigidity, rebound and confusion.

So the real question is not:

“What is the best diet?”

The better question is:

“What does this diet actually do, and does it help me stay consistent without damaging the bigger picture?”

Let's decode the main ones.

1. LOW-CARB AND KETO DIETS

What They Are

Low-carb diets reduce carbohydrate intake.

Keto takes this much further, usually lowering carbohydrates enough for the body to produce more ketones and rely more heavily on fat and ketones as fuel.

In practice, this usually means reducing or removing foods like:

- bread
- pasta
- rice
- potatoes
- sweets
- pastries
- many snacks
- sugary drinks
- many processed foods

Why They Attract People

Low-carb and keto diets are attractive because they offer clear rules.

For many people, clear rules feel easier than moderation.

They may also produce fast early scale changes, which can feel very motivating.

People often like them because they can create:

- quick initial weight loss
- less food variety
- fewer trigger foods
- simpler decisions
- a stronger sense of control
- reduced cravings in some people

What They Actually Do

Low-carb and keto diets often work because they indirectly reduce calorie intake.

They remove many easy calorie sources, especially ultra-processed carbohydrates, snacks, sweets and mixed high-carb/high-fat foods.

They can also cause rapid early scale loss because reducing carbohydrates lowers stored glycogen, and glycogen is stored with water.

That early drop can be encouraging, but it is not all fat loss.

Low-carb diets may also increase protein intake if they are built well.

That can be useful.

But they can also push fat intake very high if the person starts adding large amounts of cheese, oils, butter, cream, fatty meats and “keto snacks” without paying attention.

Low-carb is not automatically low-calorie.

Keto is not automatically healthy.

When They Can Make Sense

Low-carb or keto can make sense for some people when:

- they feel better with clearer food rules
- reducing carbohydrates helps them manage appetite
- they struggle with sweets, snacks and refined carbs
- they enjoy the food choices
- the diet is structured around quality foods
- it is sustainable for the phase they are in

For some people, reducing carbohydrates can be a useful tool.

Not because carbs are evil.

Because fewer choices can make consistency easier.

When To Be Careful

Be careful if low-carb or keto creates:

- mental rigidity
- fear of normal foods
- binge eating after “breaking the rules”

- poor sleep
- low mood
- reduced training performance
- social stress
- obsession with food purity

A diet that only works when life is perfectly controlled may not be a good long-term system.

Health Notes

Low-carb and keto diets may improve some markers for some people, especially in the short term, such as blood sugar control or triglycerides.

But they are not automatically superior for everyone.

Food quality, protein intake, calorie control, sustainability, fiber intake and overall health context matter.

A keto diet built on ultra-processed “keto-friendly” products is not automatically a high-quality diet.

It is just marketing with fewer carbs.

2. LOW-FAT AND CLASSIC LOW-CALORIE DIETS

What They Are

Low-fat or classic low-calorie diets reduce fat intake and/or total calorie intake directly.

They often focus on:

- lean proteins
- controlled portions
- carbohydrates
- vegetables
- fruit
- low-fat dairy
- simple meal planning

Why They Attract People

They are easy to understand:

“Eat fewer calories and less fat, and weight goes down.”

This approach was also the standard recommendation for many years, so it feels familiar to many people.

What They Actually Do

Low-fat and low-calorie diets work when they create a calorie deficit.

That is the mechanism.

They can work very well when they include:

- enough protein
- enough fiber
- enough food volume
- enough essential fats
- simple whole foods
- realistic portions

They can also fail badly when they become too restrictive.

If protein is too low, fats are too low and calories are too low, the diet can quickly become hunger, fatigue and rebound.

When They Can Make Sense

They can make sense for people who:

- prefer carbohydrates
- like larger-volume meals
- do well with clear calorie targets
- want a simple structure
- enjoy lean proteins, vegetables, fruits, grains and legumes

A low-fat approach can be very effective if it is not pushed to an extreme.

When They Fail Most Often

They often fail when:

- protein is too low
- fats are cut too aggressively
- hunger becomes constant
- food becomes boring and joyless
- the deficit is too large
- the person loses lean mass
- the plan becomes impossible to sustain

Low-fat does not mean no fat.

Fat is still essential.

The goal is intelligent control, not removal.

Health Notes

A lower-fat diet can support good health when based on:

- lean proteins
- vegetables
- fruit
- legumes
- whole grains
- fish
- nuts and seeds in controlled amounts
- healthy fats in adequate amounts

The label “low-fat” is not the important part.

The quality of the diet is.

3. DETOX DIETS, CLEANSSES AND RESETS

What They Are

Detox diets and cleanses are usually short, restrictive protocols.

Examples include:

- juice cleanses
 - only fruit and vegetables
 - broth-only plans
 - “detox teas”
 - single-food diets
 - drastic removal of solid meals
 - extreme reset protocols
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Why They Attract People

They promise a clean start.

They give the feeling of doing something drastic, disciplined and virtuous.

After holidays, overeating or a chaotic period, that can feel emotionally appealing.

People often want to feel:

“I am back in control.”

What They Actually Do

Most detox diets reduce calorie intake dramatically.

That can cause quick scale loss.

But much of that early loss is usually:

- water
- glycogen
- digestive content

Not pure fat loss.

They may also reduce ultra-processed foods, alcohol and overeating for a few days.

That can feel good.

But the problem is that they usually do not teach sustainable habits.

They often create a cycle:

overeate → punish → restrict → rebound → repeat.

That is not a system.

That is chaos with a wellness label.

When They Can Make Sense

Only in a limited way.

A short reset can be useful if it simply means:

- stop alcohol for a while
- reduce junk food
- eat lighter meals
- hydrate better
- return to structure
- prepare for a more consistent phase

That can be fine.

But the reset must lead back to complete nutrition.

It should not replace real eating.

When To Avoid Them

Avoid detox diets if:

- your goal is stable fat loss
- you tend toward binge/restriction cycles
- they make you afraid of normal food
- they make you believe your body is dirty or poisoned
- they replace proper nutrition
- they become a punishment after overeating

The body already has detoxification systems.

Your liver, kidneys, gut and lungs are working every day.

You do not need to starve yourself to “clean” the body.

You need better habits.

Health Notes

The word “detox” is heavily abused in marketing.

Many detox products sell a simple emotional idea:

“You are dirty, this will clean you.”

That is powerful marketing.

But it is often weak nutrition.

A real reset is not about punishment.

It is about returning to structure.

4. INTERMITTENT FASTING AND FASTING

What It Is

Fasting does not tell you what to eat.

It tells you when to eat.

Examples include:

- 16:8 eating window
 - skipping breakfast
 - eating only during certain hours
 - alternate-day fasting
 - 5:2 approaches
 - longer occasional fasts
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Why It Attracts People

Fasting feels simple.

Instead of tracking everything, you follow one rule:

“I eat during this window.”

For some people, that is easier than making many small food decisions all day.

What It Actually Does

Intermittent fasting often works when it helps reduce total calorie intake.

It can reduce:

- meal frequency
- late-night snacking
- random grazing
- breakfast calories
- decision fatigue

But fasting does not automatically create fat loss.

If you eat all the calories back inside the eating window, the result changes little.

The timing rule helps only if it improves the overall pattern.

When It Can Work

Fasting can work if:

- it simplifies your day
- hunger remains manageable
- you do not binge later
- energy stays stable
- training performance does not suffer
- it fits your lifestyle
- it does not create stress

For some people, fasting is a useful structure.

For others, it is a trap.

When It Becomes Counterproductive

Fasting can become counterproductive if it causes:

- extreme hunger
- overeating later
- poor sleep
- irritability
- low training energy
- obsessive rule-following
- social stress
- a binge/restriction pattern

If fasting makes your nutrition less stable, it is not helping.

Health Notes

Fasting can activate real physiological processes.

These may include changes in fuel use, insulin levels, cellular stress responses and metabolic flexibility.

But these effects are often exaggerated in marketing.

They are not automatic.

They are not the same for everyone.

They do not guarantee fat loss.

They do not erase poor nutrition.

They do not replace protein, calories, sleep, training and consistency.

For most people, intermittent fasting should be viewed as a meal-timing tool.

Not magic.

If it helps you stay consistent, use it.

If it makes you unstable, leave it.

5. VEGAN, VEGETARIAN AND PLANT-BASED DIETS

What They Are

Vegetarian diets remove meat and fish.

Vegan diets remove all animal products.

Plant-based eating usually means a diet focused mostly on plant foods, but the term is used in many different ways.

A plant-based diet can mean:

- vegetables
- legumes
- fruit
- grains
- nuts
- seeds
- whole foods

Or it can mean:

- vegan snacks
- vegan processed foods
- refined grains
- sugar
- meat substitutes
- low-protein meals

The label alone does not tell you the quality of the diet.

Why They Attract People

People choose vegan or vegetarian diets for different reasons:

- ethics
- environment
- animal welfare
- digestion
- health

- food preference
- inflammation concerns
- identity and values

Those reasons can be valid.

But nutritional quality still matters.

What They Actually Do

A well-built vegetarian or vegan diet can increase:

- fiber
- food volume
- plant diversity
- micronutrient-rich foods
- regularity
- overall food quality

It can also reduce calorie density if based on whole foods.

But it can make some things harder, especially:

- reaching high protein intake
- getting enough high-quality protein
- controlling carbohydrates while keeping protein high
- covering certain micronutrients
- avoiding overreliance on processed vegan foods

Vegan does not automatically mean healthy.

Vegetarian does not automatically mean balanced.

Plant-based does not automatically mean high-protein.

When They Can Make Sense

They can make sense if:

- you genuinely enjoy the style

- it matches your values
- you can sustain it long term
- you are willing to plan
- you pay attention to protein
- you manage critical nutrients
- the diet is based mostly on whole foods

A well-built plant-based diet can be healthy and effective.

But it must be built.

Not assumed.

When To Be Careful

Be careful if:

- protein intake is consistently low
- hunger is high
- meals are mostly carbs and fats with little protein
- you rely heavily on vegan ultra-processed products
- digestion becomes poor
- energy drops
- you refuse supplementation even when necessary
- the diet becomes more ideological than practical

If your goal includes fat loss, muscle retention or strength progress, protein planning matters even more.

Health Notes

A vegan or vegetarian diet can be healthy.

But it is not automatically superior to a high-quality omnivorous diet.

It often requires more planning, especially for:

- vitamin B12

- protein amount and quality
- iron
- zinc
- iodine
- vitamin D
- calcium
- omega-3s, especially EPA and DHA

Vitamin B12 is especially important for vegan diets.

In many cases, supplementation or fortified foods are necessary.

The result depends on how the diet is built.

Not on the label.

6. THE CARNIVORE DIET

What It Is

The carnivore diet removes almost everything except animal foods.

Usually:

- meat
- eggs
- fish
- sometimes dairy

It is an extreme version of low-carb eating with very little food variety.

Why It Attracts People

Carnivore is attractive because it is brutally simple.

No counting.

No complicated recipes.

No food variety.

Just:

“I eat this, and nothing else.”

For people exhausted by food decisions, that can feel powerful.

It also removes many common trigger foods at once:

- sweets
- snacks
- ultra-processed foods
- refined carbohydrates
- alcohol
- many restaurant foods

That alone can create a strong early effect.

What It Actually Does

Carnivore often works, when it works, because it simplifies eating aggressively.

It may:

- increase protein intake
- reduce snacking
- reduce ultra-processed foods
- remove many trigger foods
- reduce food decisions
- reduce calories indirectly for some people

But it also removes:

- fiber
- most plant foods
- many sources of micronutrients
- most food variety
- many social eating options

It is not a normal balanced diet.

It is an extreme restriction diet.

When It Might Make Sense

For most people, carnivore should not be the default choice.

If used at all, it should be treated as a short, controlled experiment, ideally with professional guidance, not as a food religion.

Some people use very restrictive elimination-style diets to explore food reactions.

But carnivore is not automatically the best or safest way to identify food triggers.

A structured elimination diet with a clear reintroduction phase is usually a more rational approach.

When To Avoid It

Avoid carnivore as a casual long-term lifestyle if:

- you are not monitoring your health
- you have kidney disease
- you have altered blood lipids
- you have cardiovascular risk factors
- you have metabolic disease
- digestion gets worse
- constipation becomes an issue
- you become socially isolated
- it creates obsession or fear of normal foods
- you are using low-quality processed meats as the base

The more extreme the diet, the less room there is for mistakes.

Health Notes

Carnivore is not a magic ancestral shortcut.

Evidence is limited.

Long-term safety is not well established.

Potential concerns include:

- low fiber intake
- low plant diversity
- nutrient gaps
- digestive issues
- high saturated fat intake for some people
- cardiovascular risk concerns in susceptible individuals
- sustainability problems
- social and psychological rigidity

Some people report feeling better on it.

That does not make it universally safe or superior.

If someone chooses to experiment with carnivore, the smart approach is:

- clear reason
- clear duration
- high food quality
- health monitoring
- professional guidance if risk factors exist
- reintroduction plan

No ideology.

No pretending it is the natural answer for everyone.

7. THE COMMON POINT BEHIND ALL DIETS

Diets work when they make the principles easier to follow.

They do not work because they are magical.

They change the rules.

They do not change the physiological mechanism.

Most diets influence results by affecting:

- calorie intake
- protein intake

- food quality
- hunger
- food choices
- meal timing
- consistency
- decision fatigue
- social flexibility
- adherence

That is the real game.

The best diet is not the one with the loudest marketing.

The best diet is the one that helps you apply the fundamentals consistently without turning your life into a war.

8. HOW TO READ ANY DIET FROM NOW ON

When you see a new diet, ask:

1. How does it affect calories?

Does it make you eat less, eat more or maintain?

2. How does it affect protein?

Does it help you secure enough protein, or does protein become an afterthought?

3. How does it affect hunger?

Does it make hunger easier to manage, or harder?

4. How does it affect training?

Do you feel stronger, stable and recovered, or flat and exhausted?

5. How does it affect social life?

Can you actually live with it?

6. How does it affect health?

Does it cover micronutrients, fiber, digestion and long-term needs?

7. Can you sustain it?

Not for six days.

For real life.

If the answer is no, it is not your system.

It is just a temporary challenge.

9. MAIN TAKEAWAY

This document is not meant to say:

- never do keto
- never fast
- never eat vegan
- never use a reset
- never experiment

It is meant to make one thing clear:

A diet is a tool.

Not a religion.

Not an identity.

Not magic.

The real foundation remains:

- protein first
- calories understood
- food quality improved
- training supported
- recovery protected
- consistency maintained

The problem is not the diet.

The problem is believing that a diet can replace understanding and consistency.

Use diets as tools.

Do not become trapped by them.