What is the healthiest diet?

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Despite spending billions of dollars investigating this question, experts don't agree on what the healthiest diet is. The issue is further complicated by our own individual requirements, such as the need to monitor sodium or fat intake, the need to gain or lose weight and so on. Religious, moral and cultural traditions also influence our diets.

However, experts do agree on a few fundamentals. No one thinks added sugar is healthy, especially in excess. The same is true for consuming processed foods and overeating. Most experts recommend keeping sodium on the low side.

A good time to explore healthy diet options is in May during International Mediterranean Diet Month, or Med Month, started 10 years ago by Oldways, an organization that applies the principles of the Mediterranean diet to other traditional diets, including African, Asian, Latin American, vegetarian and vegan. Click here for more information.

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