

A Clinical Checklist for Evidence-Based Eating Patterns

Use this clinical checklist to help evaluate which evidence-based eating pattern may be the strongest fit for your patient.

1. Mediterranean-Style Eating Pattern

Best for patients aiming to **improve cardiovascular risk factors, lower A1C, and reduce triglycerides.**

- ☐ Are they interested and willing to eat less meat and open to legumes, nuts, and seeds as a replacement for animal protein?
- ☐ Do they enjoy eating whole grains, or are they willing to experiment with consuming more whole grains?
- ☐ Do they like eating a variety of fruits and vegetables?
- ☐ Are they interested or open to consuming olive oil as their primary oil/fat?

2. DASH Eating Pattern

Best for patients aiming to **lower blood pressure, reduce diabetes risk, and lose weight.**

- ☐ Does the patient have a dual diagnosis of diabetes and high blood pressure?
- ☐ Do they desire flexibility with their food choices rather than strict elimination?
- ☐ Are they open to eating more nutrient-dense foods or adjusting their portions and number of servings for certain food groups?
- ☐ Are they willing to actively limit their sodium intake?

3. Vegetarian or Vegan Eating Pattern

Best for patients aiming to **lower A1C, lose weight, and improve their lipid profile** (lower LDL-C, non-HDL-C).

- ☐ Do they desire to limit or completely avoid animal proteins?
- ☐ Are they willing to limit eggs or dairy products?
- ☐ Are they highly motivated by weight loss or cardiometabolic goals?
- ☐ Are they concerned about animal welfare and their personal carbon footprint?

4. Low-Fat & Very Low-Fat Eating Patterns

Best for patients aiming to **lower blood pressure, reduce triglycerides, and increase HDL-C.**

- ☐ Is the patient highly motivated to manage weight and lower triglycerides?
- ☐ Are they willing to limit total fat intake to less than 30% of their daily calories (or <10% for very low-fat)?
- ☐ Are they open to building meals primarily around fiber-rich vegetables, beans, whole grains, and lean proteins while avoiding added oils?

5. Low-Carbohydrate & Very Low-Carbohydrate Eating Patterns

Best for patients focusing on **improving glycemia, lowering triglycerides, and increasing HDL-C.**

- ☐ Is significant improvement in glycemia a primary goal for this patient (as this pattern has the most evidence for this)?
- ☐ Are they not interested in or not ready to reduce their intake of animal-based proteins?
- ☐ Are they interested in losing weight and willing to strictly limit starchy foods, grains, and added sugars?