

# TOP 10

diets  
people  
have  
tried



**1. Vegetarian**

**2. Atkins**

**3. 5:2 diet**

**4. Gluten free**

**5. Pescatarian**

**6. Vegan**

**7. Lactose free**

**8. Raw food diet**

**9. Paleo diet**

**10. Dukan diet**

from a OnePoll survey of  
2,000 people commissioned  
by [Ahiflower Oil](#), a plant-based  
omega 3 supplement.