

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.