

A QUESTIONS WORKSHEET · NOT A DIET TEST

Choose questions. Not a verdict.

Use this page to think about evidence and everyday constraints. It does not rank Mediterranean, DASH or ketogenic patterns, calculate risk, or tell you to change treatment.

01 / The outcome

Am I reading about blood pressure, clinical events, glucose, LDL/triglycerides—or practical fit?

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02 / The context

Who was studied, for how long? Does that group resemble me—and what remains unknown?

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03 / Real-life fit

Budget, access, cooking time, shared meals, culture, preferences, food restrictions.

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04 / Questions for a professional

Could medications, medical conditions or significant restriction make individualized advice important?

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05 / My evidence check

Original study or guideline to read; correction/limitation to note; claim that would be an overstatement.

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Remember: A blood-pressure change is not a heart-attack result. A short-term lab-marker change is not a long-term event forecast. A guideline is not a three-way individual trial. Do not change prescribed medication because of a worksheet.

Source anchors: AHA 2026 dietary guidance (professional.heart.org); DASH feeding trial PMID 9099655; corrected 2018 PREDIMED PMID 29897866; 2022 Keto-Med PMID 35641199. Research and publication status checked October 28, 2026.