



2024 “Best Diets” – According to Experts

How is your 2024 going so far? To start off on the right foot with healthy eating this year, we encourage you to check out [US News & World Report’s Best Diets for 2024](#) - you will notice that Diet ID includes many of the diet patterns highlighted.

As you read through the different types of diet patterns, you’ll see that there’s no one ideal way of eating. The diet approach that works best for you is the one you’ll stick to year after year. No matter which foods you choose or avoid, success is about establishing new routines and habits that help you make the healthy choice the easy choice. Remember, healthy eating is not a “one size fits all” approach. Your personality, lifestyle, and preferences play a huge role. And you can learn from your own experiences – think about what did and didn’t work the last time you made changes. Build on your successes and try new strategies!

If you haven’t started any Diet ID challenges yet this year, why not get started today? These simple but important healthy habits will pay off big in the long run. We really can’t change the way we eat unless we change the habits around “how” we eat. And turning your daily routine on its head will likely fail – studies show that small, incremental changes, mastered one at a time, is key to long-term success.

One of the most popular challenges this time of year is “Eat Real Food.” It is a simple but super effective strategy, because it is a universal concept, regardless of what kind of dietary pattern you prefer. Hyper-processed, highly engineered, ultra-packaged foods harm our body, while natural, wholesome, fresh foods nourish it. This week, give the challenge a try!

To get started, log into Diet ID, navigate to the Challenges tab, scroll down to the “Challenge Route,” and click or tap on “Change Challenge” just above your Diet ID circle badge. Select “Eat real food” and dive right in!

This week’s recipe is tahini sauce-- a super versatile accompaniment. It is a dip, topping, spread, sauce, and dressing all at the same time.

- It’s easy to make -- all you need are a bowl and whisk.
- Unlike so many highly processed condiments you find at the store, this one is made of whole ingredients, with no added sugar.
- Tahini sauce is used traditionally as a topping for Middle Eastern falafel.
- It has infinite applications! It transforms sesame seeds, garlic, and lemon into a rich, creamy, decadent condiment.
- Enjoy with raw or cooked vegetables, grains, poultry, tofu, fish, beans, salads, breads, pastas, and power bowls. It’s hard to believe this stuff is good for you!
- As written, this recipe is a perfect sandwich spread or dip. Add a bit more water and use as a dressing or sauce. You can add extra lemon if you like that zing, or some cayenne pepper for a spicy kick.

Quick & Easy Tahini Sauce



Tahini, sold in jars and available in most large grocery stores by the peanut butter or in the natural foods section, is nothing more than pureed sesame seeds. It tastes pleasantly bitter and nutty, and, when blended with lemon juice, actually gets thicker! That's why you need water in this recipe.

You will need:

- 1 cup sesame tahini (you may need to stir the tahini first for even consistency)
- Juice of 1 lemon (1/4 to 1/3 cup)
- 2 large garlic cloves, minced or pressed
- ½ cup water
- 2 Tbsp fresh parsley
- Pinch of salt
- Place all ingredients in a mixing bowl. Whisk until smooth and creamy. Process until smooth, creamy, and fluffy. Add more water to thin out, if desired.

This will keep for 5 days in an airtight container in the refrigerator, but it probably won't last that long!

Pro tip -- blend with a can of drained chickpeas for the perfect homemade hummus!