“Leyla Weighs In” Analyzing the 2025 Best Diets Report: A Critical Review

written by Leyla Muedin MS, RD, CDN | August 1, 2025



“Leyla Weighs In” breaking down the 2025 Best Diets Report, highlighting the pros and cons of each from Mediterranean to Flexitarian. Discover the truth behind nutritional research and what works best for your health.