

## Low Carb Diet Outrank Low Fat Diet in Weight Loss

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### Letter to Editor

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### Letter to Editor

As per the study published in the Annals of Internal Medicine, a racially diverse group of 150 men and women were recruited to follow a specific diets for one year which particularly restricted them to eat wither carbohydrate or fat, but not overall calories.

At the end of the clinical trial, group of people who have followed low carbohydrate diet had lost about a mean of eight pounds more than group of people have followed low fat diet. In addition, people in low carbohydrate diet had shown greater reductions in body fat percentage significantly than people of the low-fat group. People in the low-fat group also experienced weight loss but was loss of more muscle mass than fat. The balance of lean mass versus fat mass is much more important than weight. Hence, the low-carbohydrate, high-fat group people showed more weight loss than low fat group.

Nonetheless, people who restrict carbohydrates tend to loose more body fat and thereby have less chances of cardiovascular risks than people who undergo intake of the low-fat diet which health fraternities have advised to follow since years.

Recent dietary researches observed that the risk of heart disease may get reduced by eating fewer carbohydrates and moderate dietary fat except trans fats. Nuts are favorable for health and heart as they contain less

sugar and more healthy saturated fats which favour more in weight loss because of their anti-oxidant properties. These novel findings infer that low carbohydrate strategy more effectively reduces fat content and also lowers overall body weight [1].

Another study was recently published in the JAMA/Archives journals (Archives of Internal Medicine) Researchers of St. Michael's Hospital and the University of Toronto, Ontario, Canada, evaluated the effectiveness of a low-carbohydrate diet in weight loss in 50 subjects. 25 subjects were randomly allocated to consume "the "Eco-Atkins" die" for a month. Or four weeks, while another 25 participants are allowed to eat a control diet of high-carbohydrate, lacto-ovo vegetarian and based on low-fat dairy and whole grain products.

The researchers observed similar amount of weight loss in both the groups, but reductions in LDL- levels (Bad cholesterol) and improvements in the ratios between total cholesterol and HDL-C (Good cholesterol) were greater in the low-carbohydrate diet than high-carbohydrate diet. The low-carbohydrate diet also shown improvement in levels and ratios of apolipoproteins and proteins which bind to fatty acids. In addition, small but significant reductions was also observed in both systolic and diastolic blood pressure in the low-carbohydrate than the high-carbohydrate group.

Thus these studies showed that obese or overweight people with high LDL cholesterol levels who consumed diet, high in vegetable proteins from gluten, soy, nuts, fruits, vegetables, cereals and vegetable oils for four weeks have experienced more weight loss and improvements in blood cholesterol levels and other associated risks of heart diseases. These studies also infer that a high-carbohydrate, low-fat vegetarian diet also lead to weight loss but without reducing the risks of cardiovascular diseases [2].

## References

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