



Low-Fat High Carbs Diet

September 30, 2002

OK I'm sure everyone is waiting to discover the dangers of the low-fat high carbohydrate diet. But before I cover that topic I wanted to challenge anyone who is reading this to email me any scientific literature which supports the low-fat high carbohydrate diet, as a weight loss diet, heart healthy, cancer prevention diet, or sports performance diet. I would enjoy studying valid information.

All right the possible risks or dangers of a low-fat diet. There is a great deal of evidence to suggest that a low-fat diet is unhealthy, in fact several studies have suggested a very low fat high carbohydrate may lead to an increase risk of heart disease, type II diabetes, cancer, and the psychiatric problems of depression and even schizophrenia.

A study published in the American Journal of Clinical Nutrition found that when diets of equal calories were compared those which contained the higher percentage of calories as carbohydrates caused the greatest risk of heart disease especially in post-menopausal women.

One of the largest published studies on diet and breast cancer, which studied over 5,000 women, showed women with the lowest intake of dietary fat had significantly higher incidence of breast cancer, compared to the women who had a highest intake of dietary fat. The study also found women who consumed the most starch had the highest incidence of breast cancer and those who consumed the lowest levels of starch had the lowest incidence of breast cancer. The same study also found that saturated fat had no effect one-way or the other on the incidence of breast cancer. Lancet; 347(9012):1351-6 1996)

Another study published in JAMA involving over 10,000 women found those who ate the higher carbohydrate diets had the greatest risk of developing type two diabetes.

And finally in a study published in the Journal of Clinical Endocrinology Metabolism the lead author Gerald Reaven MD stated: Numerous studies have shown that high-carbohydrate low-fat diets lead to high triglycerides, elevated insulin levels, lower HDL cholesterol levels and other factors know to raise the risk of coronary artery disease.

Now is a high carbohydrate diet dangerous?

I believe it may be for some people. Certainly a high carbohydrate diet is not the magic "pill" to a long and healthy life.

Hopefully some of you will take the challenge and we can discuss and learn from each other.

Bobby