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Debunking Medical Myths: Low Fat or Low Carbs?

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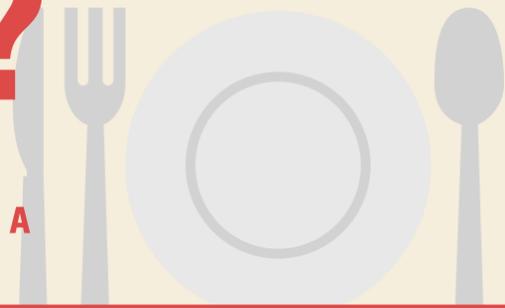
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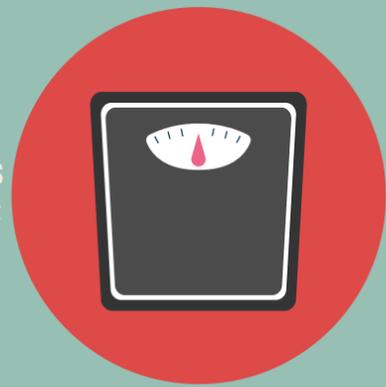
LOW FAT OR LOW CARBS?



BROWN 10: LIAM BROWNING, KATHERINE HEERES, NABTA LAZ, NIKHIL PATEL, GIULIA SANTANGELO, SIMON YACOUB

You've probably heard someone say "I need to lay off the carbs and lose weight," and that cutting carbs is the best way to lose weight. Is this really true?

While low carb diets have been shown to be beneficial for weight loss and for the treatment of certain disorders there is little evidence to show they are the most effective method of losing weight.



Many people starting a low carb diet will report losing several pounds in the first couple of weeks, leading them to believe carbs have been leading to believe cutting the carbs was all they needed to lose weight. Most of this weight is water-weight due to depleted glycogen stores, and is colloquially termed the "whoosh effect."



Other diets, such as low fat diets, do not have as pronounced of a whoosh effect, due to less water weight loss. But, that doesn't mean the total long-term weight loss is not equivalent- the effectiveness of a diet is reliant on total calories consumed .

While some people find low carb diets to be helpful in losing weight due to the inherent restriction of food options, increase in protein consumption, and reported increase in satiety, they are likely not sustainable in the long-term for most people.



In fact, some studies have linked low carb/high fat diets to poorer cholesterol levels, despite equivalent weight loss between low carb and high carb groups.

Weight loss diets should be tailored to the individual's preferences in order to maximize sustainability and long-term adherence .



CITATIONS

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