

# A LOOK AT THE EVIDENCE

## LOW CARBOHYDRATE HIGH FAT STUDIES

### *PAPER:*

Santos, F et al. **Systematic review and meta-analysis of clinical trials of the effects of low carbohydrate diets on cardiovascular risk factors.** Obesity reviews 2012; 13, 1048-1066

### *DETAILS:*

A systematic review of and meta analysis of 23 papers to study the effects of low carbohydrate diet (LCD) on weight loss and cardiovascular risk factors.

### *FINDINGS:*

LCD associated with significant decrease in body weight, body mass index, abdominal circumference, systolic blood pressure, diastolic blood pressure, plasma triglycerides, fasting glucose, plasma insulin and c-reactive protein, HDL cholesterol. LDL cholesterol and creatinine did not significantly change.

### *CONCLUSION:*

Low Carb Diet was shown to have favourable effects on body weight and major cardiovascular risk factors