

# A LOOK AT THE EVIDENCE

## LOW CARBOHYDRATE HIGH FAT STUDIES

### PAPER:

Shai, Iris, Ph.D., 2008, “**Weight Loss with a Low-Carbohydrate, Mediterranean, or Low-Fat Diet**”, N Engl J Med 2008; 359:229-24.

### DETAILS:

322 Moderately obese people were assigned into a 2-year trial, to one of three diets: low-fat, restricted-calorie; Mediterranean, restricted-calorie; or low-carbohydrate, non-restricted-calorie.

### FINDINGS:

Among the 36 subjects with diabetes, changes in fasting plasma glucose and insulin levels were more favorable among those assigned to the Mediterranean diet than among those assigned to the low-fat diet ( $P < 0.001$  for the interaction among diabetes and Mediterranean diet and time with respect to fasting glucose levels).

### CONCLUSION:

Mediterranean and low-carbohydrate diets may be effective alternatives to low-fat diets. The more favorable effects on lipids (with the low-carbohydrate diet) and on glycemic control (with the Mediterranean diet) suggest that personal preferences and metabolic considerations might inform individualized tailoring of dietary interventions.