

A LOOK AT THE EVIDENCE

LOW CARBOHYDRATE HIGH FAT STUDIES

PAPER:

Brehm BJ, et al. **A randomized trial comparing a very low carbohydrate diet and a calorie-restricted low fat diet on body weight and cardiovascular risk factors in healthy women.** The Journal of Clinical Endocrinology & Metabolism, 2003.

DETAILS:

53 healthy but obese females were randomized to either a low-fat diet, or a low-carb diet. Low-fat group was calorie restricted. The study went on for 6 months.

FINDINGS:

The women in the low-carb group lost an average of 8.5 kg (18.7 lbs), while the low-fat group lost an average of 3.9 kg (8.6 lbs). The difference was statistically significant at 6 months.

CONCLUSION:

The low-carb group lost more weight (2.2 times as much) and had significant reductions in blood triglycerides. HDL improved slightly in both groups.