

# A LOOK AT THE EVIDENCE

## LOW CARBOHYDRATE HIGH FAT STUDIES

### *PAPER:*

Foster GD, et al. **A randomized trial of a low-carbohydrate diet for obesity.** New England Journal of Medicine, 2003.

### *DETAILS:*

63 Individuals were randomized to either a low-fat diet group, or a low-carb diet group. The low-fat group was calorie restricted. This study went on for 12 months.

### *FINDINGS:*

The low-carb group lost more weight, 7.3% of total body weight, compared to the low-fat group, which lost 4.5%. The difference was statistically significant at 3 and 6 months.

### *CONCLUSION:*

There was more weight loss in the low-carb group, significant at 3 and 6 months. The low-carb group had greater improvements in blood triglycerides and HDL, other biomarkers were similar between groups.