

# A LOOK AT THE EVIDENCE

## LOW CARBOHYDRATE HIGH FAT STUDIES

### *PAPER:*

Sondike SB, et al. **Effects of a low-carbohydrate diet on weight loss and cardiovascular risk factor in overweight adolescents.** The Journal of Pediatrics, 2003.

### *DETAILS:*

30 overweight adolescents were randomized to two groups, a low-carb diet group and a low-fat diet group. This study went on for 12 weeks. Neither group was instructed to restrict calories.

### *FINDINGS:*

The low-carb group lost 9.9 kg (21.8 lbs), while the low-fat group lost 4.1 kg (9 lbs). The difference was statistically significant.

### *CONCLUSION:*

The low-carb group lost significantly more (2.3 times as much) weight and had significant decreases in Triglycerides and Non-HDL cholesterol. Total and LDL cholesterol decreased in the low-fat group only.