

THE TRUTH ABOUT HIGH PROTEIN, LOW CARBOHYDRATE DIETS



High protein diets are not new.

In fact, high protein, low carbohydrate diets have been around since the 1970's. Many people turn to these diets for help in losing weight. But it is important to ask yourself these questions: Do high protein, low carbohydrate diets work? Are they safe?

High protein diets promote ketosis.

High protein, low carbohydrate diets work by promoting ketosis. When stored fat is broken down too fast, a condition called ketosis occurs. Ketosis is caused by not eating enough carbohydrate and it can lower the appetite and cause weakness, constipation, nausea, vomiting and dehydration. When your body is dehydrated, you may suffer from headaches, feel tired, weak, or dizzy.

High protein diets stress the kidneys.

High protein diet can put strain on the kidneys. Your kidneys will have to work harder than usual to flush out the extra protein in your body. High protein diets are not recommended for people with diabetes or kidney problems.

High protein diets promote temporary weight loss.

When you are first on a high protein diet, you will lose weight fast, but most of the weight lost is actually due to water loss, not body fat. If you continue to lose weight on a high protein, low carbohydrate diet, it is probably because you are eating fewer calories. In the long run, the weight loss does not last. Many people who lose weight start eating the way they used to eat and actually gain all the weight back and sometimes they gain back even more than they lost.



High protein diets are low in important nutrients and fiber.

High protein, low carbohydrate diets are not good for health in the long run. Foods limited on high protein diets, like whole grains, vegetables and fruits, have vitamins, minerals and other nutrients that can help reduce your risk of diabetes, heart disease, cancer and other health problems.

High protein diets are high in fat.

High protein, low carbohydrate diets are usually high in fat, saturated fat, and cholesterol. Most nutrition and health experts recommend a diet that is low in fat, saturated fat, and cholesterol to reduce your risk of heart disease and some types of cancer.

High protein diets are bad for the bones.

High protein, low carbohydrate diets cause your body to lose calcium. Losing calcium weakens the bones and increases the risk of osteoporosis and fractures.

The bottom line

Be wary of diets that promise a quick fix or sound too good to be true. Aim for a long term plan. Your best bet for permanent weight loss and good health is to:

- Choose high fiber low fat foods like fruits, vegetables, whole grains, beans, low fat dairy products and lean meats, poultry and fish.
- Limit high calorie snack foods like cookies, cakes, pastries, crackers, potato chips and snack chips.
- Watch how much food you put on your plate.
- Increase your activity throughout the day.



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