

**Low Carb Low Down**  
Facts about the Fad

### Low Carb Accepted
- non-starchy greens
- chicken
- fish
- eggs
- nuts
- avocados

### Low Carb Rejected
- starchy vegetables
- grains
- breads
- sugary fruits
- alcohol
- sweets

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### The Good

- One study found an average weight loss of 13.2 lbs. for those on a low carbohydrate (LC) diet for 6 months.
- LC diets lower blood pressure and reduce HDL levels in patients on the diet for 6-12 months.
- Switching children to LC diets may lower seizure rates by 38%.

### The Bad

- Due to the highly restrictive nature of the diet, LC diets are very hard to follow long term.
- Eliminating carbohydrates has been shown to lead to depression due to reduced serotonin levels.
- LC diets can cause ketoacidosis similar to a diabetic episode and can lead to hospitalization.

### The Verdict

- A balanced diet with fruits, vegetables, and sufficient water consumption is a more effective option than a LC diet.
- When compared to more sustainable diets, the average weight loss over time is relatively even.
- LC diets are not the best diet option for someone trying to lose weight.

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Based on an original article by Chris Bollinger in BU Well Volume 3. 
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