

# LOW CARB LOW DOWN

## Facts about the Fad

### LOW CARB ACCEPTED<sup>1</sup>



- non-starchy greens
- chicken
- fish
- eggs
- nuts
- avocados

### LOW CARB REJECTED<sup>1</sup>



- starchy vegetables
- grains
- breads
- sugary fruits
- alcohol
- sweets

### THE GOOD



One study found an average weight loss of 13.2 lbs. for those on a low carbohydrate (LC) diet for 6 months<sup>1</sup>



LC diets lower blood pressure and reduce HDL levels in patients on the diet for 6-12 months<sup>1</sup>



Switching children to LC diets may lower seizure rates by 38%<sup>2</sup>

### THE BAD



Due to the highly restrictive nature of the diet, LC diets are very hard to follow long term<sup>1</sup>



Eliminating carbohydrates has been shown to lead to depression due to reduced serotonin levels<sup>1,3</sup>



LC diets can cause ketoacidosis similar to a diabetic episode and can lead to hospitalization<sup>3-5</sup>

### THE VERDICT



A balanced diet with fruits, vegetables, and sufficient water consumption is a more effective option than a LC diet<sup>1</sup>



When compared to more sustainable diets, the average weight loss over time is relatively even<sup>1</sup>



LC diets are not the best diet option for someone trying to lose weight<sup>1</sup>