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There is some evidence that a low-carbohydrate diet may help people lose weight more quickly than a low-fat diet (31,32) and may help them maintain that weight loss. For example, POUNDS LOST (Preventing Overweight Using Novel Dietary Strategies), a two-year head-to-head trial comparing different weight loss strategies, found that healthy diets that varied in the proportions of different

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[Those curious about the history of the Victorian Web (which began before the WWW in another hypermedia environment) might be interested to learn that this document was one of the very first contributed by someone outside Brown University.]. the consequences of poverty are most apparent in the diets of the poor. It takes a considerable leap of the imagination to recapture the Victorian working

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