

Low Carbohydrate Diet: A Review

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Background

In 2008, the American Diabetes Association suggested a low carbohydrate diet (LCD) as an alternative to the conventional low fat calorie-restricted diet (LFD) for improving glycemic control and reducing body weight. Findings. LCDs are recommended in weight loss strategies because increasing evidence indicates that LCDs are superior to conventional LFDs in lowering glycated hemoglobin and triglyceride levels and increasing high-density lipoprotein cholesterol levels. However, many healthcare professionals, including dietitians and physicians, who provide nutritional advice to patients with diabetes have remained unfamiliar with LCDs, and others have not accepted LCDs despite a large body of scientific evidence. Some critics think it impossible that a diet with higher fat content could improve lipid profile (especially atherogenic dyslipidemia) more effectively than a diet with lower fat content.

Conclusion

We reviewed some recent randomized diet intervention trials comparing LCDs and LFDs, as well as the basic science underlying LCDs. It seems that LCD is effective in reducing body weight and improving glycemic control and atherogenic dyslipidemia.

Keywords: low carbohydrate diet, carbohydrate-restricted Diet, weight reduction