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Physician's guide to popular low-carbohydrate weight-loss diets

■ ABSTRACT

Low-carbohydrate weight-loss diets are very popular, but the recommendations of many of these diets are diametrically opposed to those put forth by the US Department of Agriculture, the American Heart Association, and other national organizations. Their focus on foods high in protein, fat, and cholesterol has potentially serious health implications. Physicians need to be knowledgeable about the efficacy of these programs and to talk to overweight patients about weight loss.

■ KEY POINTS

Low-carbohydrate diets fail because, like all fad diets, they do not deal with the underlying issues of being overweight, nor do they teach better lifelong eating habits.

An important first step in advising patients who are already on a low-carbohydrate diet is to assess their readiness to question the merits of such diets.

Questions remain about the possible association of low-carbohydrate diets with the risk of colon cancer, heart disease, diabetes, and hypertriglyceridemia.

Each pound of body fat contains 3,500 kcal; therefore, a person who consumes 500 kcal less than he or she expends per day can lose only 1 lb of fat in 1 week. Any higher initial weight loss with ketogenic diets is therefore due to more severe caloric restriction or water loss rather than to fat loss.

POPULAR LOW-CARBOHYDRATE diets such as those described in such best-selling books as *The Zone* and *Dr. Atkins' New Diet Revolution* can turn weight loss into a double-edged sword. These plans produce fast results relatively easily, without restricting intake of proteins and fats, but they can jeopardize health in a variety of ways.

Physicians treating patients for obesity-related conditions have a unique opportunity to influence patients' food choices by providing reliable, objective information about the safety and efficacy of low-carbohydrate diets.

See related commentary, pages 777-781.

This paper addresses common claims made by proponents of low-carbohydrate diets and discusses what to tell patients who are already on such a diet or may be thinking of trying one.

■ THE 'SUPER-SIZING' OF AMERICA

In 1980, 46% of US adults age 20 and older were overweight or obese; by 1999, the number had increased to 60%.¹ This dramatic increase has coincided with several trends:

- Higher energy intake from larger portions at home and at restaurants ("super-sizing")
- Greater consumption of high-fat foods
- Widespread availability of low-cost, good-tasting, energy-dense foods
- Decreased physical activity at work, at home, and during leisure time.

A growing national preoccupation with weight loss has accompanied these trends. At any given time, 44% of women and 29% of men are dieting,² and Americans spend \$33 billion a year on weight-loss products, programs, and pills.³



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**Not available for online publication.
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Books on low-carbohydrate diets far out-sell others books on weight loss.³ The two books already mentioned seem to be the most popular; others include *Sugar Busters*, *Protein Power*, *Suzanne Somers' Get Skinny on Fabulous Food*, *The Doctor's Quick Weight Loss Diet* (aka the "Stillman diet"), and *The Carbohydrate Addict's Diet*.³

■ FALSE CLAIMS OF LOW-CARBOHYDRATE DIETS

CLAIM 1

The main cause of obesity is the shift from foods that contain fat to processed foods that replace fat with sugar

Proponents of low-carbohydrate diets claim that the main cause of accelerated weight gain in the United States is the shift from foods that contain fat to foods that replace fat with sugar (ie, processed foods), a substitution they say leads to high insulin levels and fat accumulation.³ Not so: excessive energy intake—*not* diet composition—is the cause of weight gain.⁴

Low-carbohydrate diets restrict carbohydrate intake to anywhere from 20 g/day in the

Atkins Induction Diet to 170 g/day in the Zone diet (TABLE 1). This is in stark contrast to the American Heart Association's recommendation that carbohydrates should account for 55% to 60% of total daily caloric intake: 275 g/day for a diet of 2,000 kcal and 300 g/day for a diet of 2,500 kcal.⁵

CLAIM 2

A state of perpetual ketosis causes weight loss, regardless of calories consumed

Low-carbohydrate, high-protein diets are called "ketogenic" because they cause the body to eventually burn fat for energy. Ketosis is the accumulation in the blood of ketones, byproducts of fat oxidation, and it represents the body's adaptation to fasting or starvation. The theory behind low-carbohydrate diets is that inducing perpetual ketosis causes the person to lose weight (fat) regardless of how many calories from protein and fat are consumed.

However, weight loss can occur only if caloric expenditure exceeds caloric intake. Furthermore, the level of carbohydrates needed to maintain ketosis is much less than either the 275 g/day consumed by Americans on

**60% of adult
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average⁴ or the American Heart Association's recommended 220 g/day (TABLE 1). The Ongoing Weight Loss Stage of the Atkins diet, for instance, limits carbohydrate intake to 20 to 40 g/day while allowing unlimited amounts of meat, cheese, poultry, fish, eggs, salt, and fats, a recommendation that overlooks the total (or almost total) inability of the human body to convert fatty acids to glucose, the primary source of energy for the human brain.⁶

CLAIM 3

Low-carbohydrate diets are new

Most low-carbohydrate diets are touted as new, but they are not. English surgeon William Harvey prescribed such diets for the treatment of obesity in 1872.⁷

CLAIM 4

Ketogenic diets are safe

Ketosis from prolonged fasting in healthy people increases insulin resistance and glucose intolerance.⁸ Insulin resistance—a state in which a given concentration of insulin is less effective both at stimulating glucose uptake by skeletal muscle and at restraining hepatic glucose production—plays a central role in many disease states (eg, insulin resistance/metabolic syndrome, type 2 diabetes, hypertension, cardiovascular disease, atherosclerotic cardiovascular disease) and is a major risk factor for the development of coronary artery disease, the chief cause of morbidity and mortality in patients with type 2 diabetes. Glucose intolerance has been linked to hypertension and dyslipidemia.^{5,9}

CLAIM 5

Eating carbohydrates leads to overeating

Promoters of low-carbohydrate diets maintain that carbohydrates raise insulin levels more than other foods do, thereby causing the overeating that leads to obesity. In fact, insulin is secreted in reaction to all foods, not only those containing carbohydrates. However, some responses are physiologic while others are pathologic; overeating contributes to the latter by causing exag-

gerated hyperinsulinemia and glucose intolerance.

The glycemic index—a measure of the rise in blood glucose over a specified period of time (usually 2 hours) vs the response to an equal amount of carbohydrate in a standard food (often white bread)—is a more pertinent way to assess how much insulin the body secretes in response to various foods.¹⁰⁻¹²

CLAIM 6

Low-carbohydrate diets have specific cardiovascular benefits

Dr. Atkins claims that those who follow his regimen appear to have lower cardiovascular risk, lower blood pressure, and significantly lower triglyceride levels.^{13,14} No long-term studies substantiate this claim. In fact, any clinically significant weight loss (5% to 10% of initial body weight) can have these effects.

Furthermore, animal and dairy products, the main sources of protein in low-carbohydrate diets, usually contain fat. Even though some of the fat can be removed, as with skim milk, low-carbohydrate diets tend to be high in fat overall. The intake of fat with low-carbohydrate diets, particularly saturated fat, increases to 56% to 66% of total calories—twice the 30% or less recommended in current national dietary guidelines. Excessive intake of dietary cholesterol and, to a greater extent, saturated fat increases levels of low-density lipoprotein (LDL) cholesterol and the risk of heart disease and some types of cancer.¹⁵ Consumption of large amounts of meat may also contribute to cardiovascular disease.¹⁶

CLAIM 7

Low-carbohydrate diets are high in protein and therefore are healthier

Low-carbohydrate diets are not necessarily high in protein, as claimed. A comparison of dietary intake among persons who consumed a low-carbohydrate diet vs those who consumed a typical American diet⁴ found scant difference in protein intake (91 g/day vs 83 g/day). The low-carbohydrate group, however, consumed only about two thirds as many calories as the group eating a typical American

Key sources of protein in low-carbohydrate diets usually contain fat

diet (1,450 kcal vs 2,200 kcal), indicating that weight loss was due to reduced caloric intake, not to high protein consumption.⁴

On the other hand, no direct link has yet been found between consumption of animal protein and chronic disease. Though critics of high-protein ketogenic diets claim that the diets increase the risk of gout, osteoporosis, and renal disease, they have no evidence to back those claims.¹⁷ In fact, obese persons with diabetes may benefit from high-protein, low-calorie diets. In a study that compared the effects of high-carbohydrate (low-protein) vs high-protein (low-carbohydrate) low-calorie diets for hyperinsulinemic obese patients, high-protein diets proved more effective at lowering insulin levels and body weight.¹⁸

■ COMPOSITION OF STANDARD VS LOW-CARBOHYDRATE DIETS

Compared with national guidelines for healthy eating and weight loss, low-carbohydrate diets contain excessive amounts of cholesterol, saturated fat, and animal protein. The Atkins and Protein Power diets are particularly high in fat. TABLE 1 shows how the macronutrient composition of the leading low-carbohydrate diets differs from the American Diabetes Association recommendations and the American Heart Association's dietary guidelines for the year 2000.⁵

Nutrients missing from low-carbohydrate diets

Micronutrients. Cutting back on entire food groups or restricting variety can lead to deficiencies in vitamins, minerals, and other essential micronutrients.³ Carbohydrate-rich foods can be excellent sources of fiber, vitamins (B, C, and E), carotenoids, and other beneficial phytochemicals. They also provide calcium, potassium, and the majority of trace minerals. Supplements can replace some but not all of these.

Fiber. Low intake of fiber can cause constipation and may contribute to the development of hemorrhoids, diverticulosis, polyps, colon cancer, heart disease, diabetes, and obesity. The health benefits of phytochemicals (eg, carotenoids, lycopenes, flavonoids, phytic

acid, indoles, isothiocyanates)¹⁹ and fiber, for example, can only be obtained from foods. Due to poor intake of high-fiber breads, cereals, and vegetables, dieters need to take fiber supplements or eat fiber-fortified foods to avoid constipation and concentration of bile salts and chemicals that cause colon and breast cancer.

Complex carbohydrates. Carbohydrates are generally classified as simple (sugars) or complex (starches). Simple carbohydrates either occur naturally or are refined and added to foods during or after processing. Foods high in complex carbohydrates (whole grains, vegetables, beans, fruits) are rich in fiber and other nutrients and are relatively low in calories. Processed foods based on refined starch and simple sugars (sugar, soft drinks, cookies, donuts, cakes, sweetened cereals, white bread, pretzels) are generally high in calories and low in fiber and other nutrients.

Diets deficient in complex carbohydrates are likely to be nutrient-poor. Weight-loss plans that restrict high-carbohydrate foods can lead to cravings for foods that are high in sugar and fat.¹³ Diets high in simple carbohydrates can lead to hypertriglyceridemia.²⁰

■ POTENTIAL ADVERSE EFFECTS OF KETOGENIC DIETS

Ketogenesis may cause the following conditions:

- **Mild dehydration**, which can cause dizziness, headaches, confusion, nausea, fatigue, sleep problems, irritability, bad breath, and worsening of gout symptoms and existing kidney problems
- **Poor athletic performance** from the depletion of stored glycogen: insulin is required for protein synthesis, and without insulin, muscle protein synthesis after exercise is impaired⁷
- **Increased risk of osteoporosis** from calcium loss if protein intake remains high and calcium intake is low²¹; a high ratio of animal to vegetable protein intake may increase bone loss and the risk of hip fracture in elderly women²²
- **Nausea** may at first suppress the appetite, but the effect might not be long-term²³

Obesity-related conditions improve with a weight loss of only 5% to 10%



- **Inability to maintain weight loss** due to cravings and boredom with the lack of variety of foods; if the dieter “cheats,” a surge of insulin can cause sodium and water retention and subsequent weight gain
- **Rising blood pressure with age** due to the deficit of high-carbohydrate, high-fiber foods that protect against high blood pressure²⁴
- **Orthostatic hypotension** due to rapid weight loss²⁵; this can put older patients who are already at risk for falls at an increased risk of injury.

■ WHAT ACCOUNTS FOR THE WEIGHT LOSS IN KETOGENIC DIETS?

Weight loss can occur only if caloric expenditure exceeds caloric intake. Caloric intake is reduced only by limiting the intake of one or more of the macronutrients (protein, carbohydrates, fat, and alcohol).²⁶

Low-carbohydrate diets provide an average of 1,450 kcal/day.⁴ Experts agree that the safest minimum caloric intake for people on medically unsupervised diets is 1,500 kcal/day for men and 1,200 kcal/day for women.^{5,9} Since each pound of body fat represents 3,500 kcal, a man who takes in 500 kcal less per day than he expends can lose only 1 lb in a week. A man who weighs 200 lb requires approximately 3,000 kcal/day to maintain his current weight, assuming a caloric intake requirement of 15 kcal per lb of body weight. If a man with moderate physical activity who weighs 200 lbs were to eat absolutely nothing for a week, the most weight that he could lose from fat would be 6 lbs.

The initial, rapid weight loss experienced on low-carbohydrate diets, therefore, cannot come from fat alone. Instead, it comes from the loss of water and electrolytes produced by natriuresis (not by ketosis), which results from a decline in insulin. Water loss also results from the breakdown of liver glycogen (stored carbohydrates).²⁷ In the absence of dietary carbohydrates, glycogen is converted to glucose to maintain blood sugar levels. Glycogen contains a large number of water molecules, and water that is the byproduct of the conversion of glycogen to glucose is excreted in quantities sufficient to contribute to the high initial weight loss.

If the average intake for an obese person who weighs 300 lbs is about 4,500 kcal/day,²⁸ cutting back to anything below 2,000 kcal/day is a severe restriction (semi-starvation, in fact) and is very hard to maintain. A low-carbohydrate diet may actually help control hunger in this situation, owing to its high protein content, induced ketosis, or both.

Dr. Atkins claims that caloric intake is not important for weight loss or weight gain, and that a “high insulin level directly lowers energy needs.”¹⁴ His theory that calories are unimportant and that “you can, in fact, sneak them out of your body unused, or dissipated as heat” has not been proven.¹⁴ Studies have shown that there is indeed a greater weight loss on a ketogenic diet than with a mixed (balanced) diet, but that the loss was almost entirely due to fluid, not fat.^{29–34}

In subsequent weeks of a ketogenic diet, most of the weight loss is from body fat and averages 1 to 2 lbs per week. This weekly average, however, is similar to other types of low-calorie diets. Caloric intake drops because most of the high-carbohydrate foods eliminated are also very high in calories: cake, cookies, bread, chips, fries, sweetened cereal, candy. In other words, low-carbohydrate diets work because overall caloric intake is decreased, and perhaps also because high fat intake or ketosis depresses the appetite.³⁰ Nausea, however, may accompany ketogenic appetite suppression.²⁸

■ MONITORING FOR ADVERSE EFFECTS OF LOW-CARBOHYDRATE DIETS

Patients on a low-carbohydrate diet should be monitored for orthostatic hypotension (supine blood pressure vs standing blood pressure), dizziness, headaches, fatigue, irritability, gout, and kidney failure. Laboratory work includes routine blood tests (glucose, blood urea nitrogen, sodium, potassium, chloride, and bicarbonate), urinalysis (specific gravity, pH, protein, and acetone), and a lipid profile.

Vital signs and the rate of weight loss should be monitored at least monthly during a low-carbohydrate weight-loss program. Dosages of medications being taken for obesity-related comorbidities (hypertension, diabetes, coagulopathies, gout) may need to be adjusted.

Monitor vital signs and weight at least monthly in patients on low-carbohydrate diets



■ WHAT TO TELL PATIENTS ON A LOW-CARBOHYDRATE DIET

Follow-up visits are a good opportunity for physicians and dietitians to educate patients about realistic weight management and safe and unsafe dietary practices. Have brochures and charts (eg, the USDA Food Guide Pyramid) on hand to give to patients. More information on how to advise patients who are ready to try a safer and more effective weight-loss program can be found in “How to help your patient lose weight” in the *Cleveland Clinic Journal of Medicine*.²⁶ (Also, see the Patient Information page at the end of this article: “**What you should know about low-carbohydrate diets,**” page 775.)

An important first step in advising patients is to assess their readiness to question the merits of low-carbohydrate diets. When discussing low-carbohydrate diets with patients, stress these points:

- Initial “fast” weight lost is water, not fat
- These diets are deficient in nutrients that cannot be replaced by supplements and are excessive in nutrients that may increase the risk of mortality and chronic disease
- These diets are difficult to adhere to because they lack variety and increase the desire to consume high-carbohydrate, high-fat foods. It is very difficult to stay on a diet that includes less than 100 g of carbohydrate per day in the long term, considering that the typical American diet contains about 275 g/day
- Ketogenic diets are associated with adverse effects
- A diet low in fruits, vegetables, and whole grains increases the risk of heart disease, cancer, and stroke
- Adherence to official dietary guidelines, such as those of the American Heart Association,⁵ provides a basis for healthy living and weight loss
- Obesity-related conditions improve with a weight loss of only 5% to 10%, even though a weight loss of 30% may be needed to reach the ideal body weight. A 5% reduction in weight maintained for 1 year is considered successful long-term weight loss.⁹

Encourage patients to see permanent weight loss as their goal.

■ NATIONAL NUTRITION SURVEYS

A common perception is that the diets that get the most press coverage are the most popular. But national nutrition surveys such as the National Health and Nutrition Examination Survey (NHANES) and the USDA’s Continuing Survey of Food Intakes by Individuals (CSFSII) indicate that, if we define “most popular” as most widely liked and most prevalent, then the most popular diets are in fact balanced diets.

It appears that a combination of a low-fat, low-energy diet along with increased energy expenditure is the most successful method for maintaining weight loss in the long term. The National Weight Control Registry (NWCR), which tracks people who lose weight successfully (loss of 30 lbs or more, maintained for at least 1 year), echoes this finding. The participants lost weight and maintained their weight loss by voluntarily consuming a high-fiber, low-fat diet and by exercising regularly. Walking was the most frequently cited physical activity.

A study of initial enrollees in the NWCR revealed that the average caloric intake was about 1,400 kcal/day, with 24% of calories from fat and 56% from carbohydrates.³¹ The foods consumed by these dieters are the same as those in the 2000 American Heart Association dietary guidelines.⁵ There are no reports of such success with low-carbohydrate diets.³¹

■ CONCLUSIONS AND RECOMMENDATIONS

There is no evidence that low-carbohydrate diets are effective for long-term weight management, and their long-term safety is questionable and unproven. Long-term compliance also needs to be investigated; humans desire a variety of foods, and therefore diets that restrict variety are destined to fail.

Low-carbohydrate diets fail because, like all fad diets, they do not deal with the underlying issues of being overweight, nor do they teach better lifelong habits. As Denise Bruner, MD, stated at the USDA debate on nutrition, in February 2000, “Weight reduction must focus on the whole life-style—not solely the

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diet.”³⁵ Ultimately, there is no escaping the fact that weight loss boils down to eating less and moving more.

Given these facts, we recommend referring patients to a registered dietitian who can provide guidance in accordance with the

American Heart Association dietary guidelines and an individualized plan that takes the patient's food preferences into consideration.

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Low-carb diets have been popular for decades, and many different methods exist. Here are the 8 most popular ways to do a low-carb diet. They used to be highly controversial but have recently gained mainstream acceptance. Low-carb diets tend to cause more weight loss than low-fat diets – at least in the short term (1Trusted Source). They also improve numerous health markers, such as blood triglycerides, HDL (good) cholesterol, blood sugar, and blood pressure (2Trusted Source , 3Trusted Source , 4Trusted Source , 5Trusted Source , 6Trusted Source). However, many types of this eating pattern exist. Here are 8 popular ways to do a low-carb diet. Share on Pinterest.

1. A Typical Low-Carb Diet. The typical low-carb diet does not Can low-carb diets promote weight loss? Cutting carbs may be a useful strategy if weight loss is your goal and your doctor agrees that it will be safe for you. By reducing the carbs you eat you reduce insulin levels and increase a hormone called glucagon which triggers the body to burn fat. However, when you go into this form of fat burning, a process called ketosis occurs and compounds called ketones start to build up in the body. Much of the weight loss that people experience on a low-carb diet is actually water loss as you deplete your glycogen stores, so some people find that they easily regain the weight when they resume eating carbs. Alternatively, the weight loss may be a result of an overall reduction in calories, rather than as a result of eating less carbohydrate. Many studies have compared low-carbohydrate diets to calorie-restricted diets. Here's why a low-carb diet is best for weight loss. Weight loss result in the chart below. The low-carb group ate 20 g of carbohydrate daily, but were allowed to increase this to 40 to 60 g after 2 weeks, so long as they remained in ketosis as shown by urinary testing. A low-carb diet is one that restricts carbohydrates, primarily found in sugary foods, pasta, and bread. Instead of eating carbs, you eat whole foods including natural proteins, fats, and vegetables. Studies show that low-carb diets can result in weight loss and improved health markers. 1 These diets have been in common use for decades and are recommended by many doctors.2 Best yet, there's usually no need to count calories or use special products. All you need to do is to eat whole foods that make for a complete, nutritious, and filling diet.3. Learn more about low carb and how to use it for y

Low-carbohydrate bars and shakes (Atkins Nutritionals, Inc., Hauppauge, NY) were provided to subjects during the VLC diet. A daily multi-vitamin/mineral complex that provided micronutrients at levels \approx 100% of the RDA was given to subjects during both experimental diets. All subjects received extensive initial instruction and follow-up by registered dietitians on how to translate foods/meals into diabetic exchanges. The basic principle on which weight loss diets are based is to reduce dietary energy intake below energy expenditure. Whether the relative composition of macronutrients can influence the magnitude or composition of weight loss achieved on an energy-restricted diet has been a point of contention. Low-carbohydrate (low-carb) diets are popular because they are based on claims that carbohydrates cause weight gain. Although there are different variations, essentially low-carb diets restrict carbohydrate foods and replace them with foods usually high in protein and fat to lose weight. There are many unhealthy misconceptions about weight loss and the claims that carbohydrates can make you fat are misleading. Weight gain comes from an excess in overall kilojoules (or energy), which can come from any food source – including foods lower in carbohydrates and higher in dietary fat or protein. Type A low-carb diet limits carbohydrates – such as those found in grains, starchy vegetables and fruit – and emphasizes foods high in protein and fat. Many types of low-carb diets exist. Each diet has varying restrictions on the types and amounts of carbohydrates you can eat.

Purpose. Low-carb diets, especially very low-carb diets, may lead to greater short-term weight loss than do low-fat diets. But most studies have found that at 12 or 24 months, the benefits of a low-carb diet are not very large. Cutting calories and carbs may not be the only reason for the weight loss with low-carb diets.

Freire R. Scientific evidence of diets for weight loss: Different macronutrient composition, intermittent fasting, and popular diets. Nutrition. 2020; doi:10.1016/j.nut.2019.07.001. A low-carb diet is one that limits carbohydrates, primarily found in sugary foods, pasta, and bread. Instead of eating carbs, you eat whole foods including natural proteins, fats, and vegetables. Studies show that low-carb diets can result in weight loss and improved health markers.

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- 2 Best yet, there's usually no need to count calories or use special products. All you need to do is to eat whole foods that make for a complete, nutritious, and filling diet.
3. Learn more about low carb and how to use it for your

Low-carbohydrate diets restrict carbohydrate consumption relative to the average diet. Foods high in carbohydrates (e.g., sugar, bread, pasta) are limited, and replaced with foods containing a higher percentage of fat and protein (e.g., meat, poultry, fish, shellfish, eggs, cheese, nuts, and seeds), as well as low carbohydrate foods (e.g. spinach, kale, chard, collards, and other fibrous vegetables).

Systematic Reviews Support Low Carb As a Weight Loss Method. There are many ways we can lose weight, and weight loss doesn't rely on following one particular diet. Yes, it is true; we can lose weight on a low-fat, medium-fat, or any other diet. Low carb and ketogenic diets are a popular nutrition intervention for those with type 2 diabetes. Notably, one of the most significant merits of these diets is that they can beneficially influence and help control blood glucose and insulin levels (5). Over recent years, low carbohydrate diets have proven to be a robust dietary intervention for type 2 diabetes patients for these very reasons. They work well for controlling blood glucose levels. A low-carb diet is one that limits carbohydrates, primarily found in sugary foods, pasta, and bread. Instead of eating carbs, you focus on protein-rich whole foods and vegetables. Studies show that low-carb diets can result in weight loss and improved health markers. 1 These diets have been in common use for decades and are recommended by many doctors.2 Best yet, there's usually no need to count calories or use special products. All you need to do is eat whole foods that make for a complete, nutritious, and filling diet.3. Again, low-carb diets only result in weight loss when a calorie deficit occurs. But as a real world tool, reducing carbohydrate intake appears to lead to significant weight loss particularly belly fat. We've already said that short-term low-carb diets lead to glycogen and water loss [7]. This has a huge effect on your scale weight. Okay, it's not fat loss, but if you want to drop a few pounds in a day or two for a fight weigh-in or to just feel better about yourself for a big social occasion, low-carb is useful. An increase in central adiposity leads to insulin resistance, liver problems and eventually an increase in diabetes and heart disease risk [8]. This kind of body fat stores itself in and around your internal organs, leading to high levels of inflammation and ill health. Carbohydrates, Insulin Levels, and Weight Gain. Diet Composition and Real-World Weight Loss. The Exceptions to the Rule: When Low-Carb or High-Carb Might Be Better. So, Which Approach, Then? High-Carb or Low-Carb? What are your experiences with carbohydrates and weight loss? Many low-carb gurus will claim that you can lose weight much quicker if you consume very few carbs every day. Some people even believe they can only lose weight if they cut their carbs to nil. The problem with these advices and beliefs is they fly in the face of both basic physiology and scientific findings, and mask the most common weight loss roadblock: eating too much, and moving too little. Our Most Popular Evidence-Based Articles. What Is Skinny Fat?