

Low Fat and Low Carb Diets Are No Better Than Normal Reduce Calorie Diets

Image Gallery



Healthy weight loss tips

A lot of fast weight loss tips focus on low fat or low carb diets, sometimes at the expense of other essential elements of a healthy diet. Recent research has shown that there is no difference between low fat or low carb diets and other more traditional reduce calorie diets that still contain a balance of all food groups.

Online PR News – 08-February-2010 Most of the popular weight loss diets focus on reducing certain food groups within our diet as the way of teaching people [how to lose weight fast](#). However, based on recent clinical trials and lasting over 12 months, performed by the Harvard School of Public Health, it was concluded that participants in the study lost weight regardless of what type of reduce calorie diet they followed.

The study was funded by National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health and appears in The New England Journal of Medicine.

One trial in particular consisted of over 800 people who were deemed as over weight or seriously over weight. They were divided into 4 groups, each of which were given the same [weight loss tips](#) about healthy eating and getting regular exercise, but were put on different structured diets as follows: (the percentages refer to quantity of calories derived from that particular food source)

High protein and high fat: 40% fat, 25% protein and 35% carbs

High fat average protein: 40% fat, 15% protein and 45% carbs

High protein low fat: 20% fat, 25% protein and 55% carbs

Low fat average protein: 20% fat, 15% protein, 65% carbs

Each of the four diet plans adhered to a heart healthy structure, with dietary fats coming from unsaturated sources and having minimal amounts of saturated fats.

No diets were less than 1200 calories per day.

Each participant performed an average of 90 minutes of moderate exercise each week.

The final results showed that the total weight loss by members of each group, together with average reduction in waist, chest and hip measurements were very similar.

The average weight loss was 13 pounds at the six months check point, and a further 9 pound loss after two years. It was concluded that steady and gradual rather than **fast weight loss** is healthier in the short term, and easier to maintain in the long term.

The study also showed that the risks of cardiovascular disease were reduced for each participant, as levels of good cholesterol (HDL) increased, and levels of bad cholesterol (LDL), blood pressure and insulin decreased.

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