

Low Carb

VS

Low Fat

Can lead to increased weight loss compared to regular diet via decrease in calories and insulin.



WEIGHT LOSS

Can lead to increased weight loss compared to regular diet via decrease in calories.

Includes lots of veggies, some lean protein and healthy fats.



BALANCE

Includes all food groups: whole grains, fruits, veggies, lean proteins and limited healthy fats.

Generally safe if not taken to extremes. Aim for at least 60-130 grams of carbs per day.



SAFETY

Generally safe if not taken to extremes. Limit total fat intake to 20-30% of daily calories, and decrease saturated & trans fats.

Popular right now.



TRENDINESS

Popular in the past.

Difficult to maintain, but possible if cut in carbs is more moderate. Not safe or maintainable if extreme.



MAINTENANCE

Easier to maintain, but requires commitment to lifestyle change. Some people grow tired of foods.

Similar plan used to help manage diabetes. Beneficial for weight loss and blood sugar control.



HEALTH BENEFITS

Beneficial for people with high cholesterol or triglycerides. Can also help with weight loss.

Many benefits are only shown in the short term.



OTHER

Some concerns about increased sugar and/or carbohydrate intake with low fat diets.

Lowcarb Lowfat

RJ Shavelson



Lowcarb Lowfat:

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