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Low Carb vs. High By Moss Greene

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Low carb diets can be classified as food plans that require keeping carbohydrates as low as 3% and never more than about 25 to 30%. This is much lower than the 50 to 60% recommended by most good scientists and valid research. Low carb diets include programs like Atkins, Protein Power, The Zone, Sugar Busters and the South Beach diet.

As you can see by the chart below, the Ornish and Pritikin diets at 70% and 80% carbs, are definitely high carb. One means used to distract people's attention away from the fact that the Atkins diet is basically an unhealthy food plan is to compare a "low carb" diet to a "high carb" diet. However, neither one is the best solution.

Although the in-depth research of Dr. Dean Ornish, using his high carb/low fat diet, has uncovered some amazing findings and produced phenomenal results in reversing heart disease, as a weight loss program and regular eating plan, it has some drawbacks. The Ornish diet, as with Pritikin, is proving to be too low in healthy oils from fish, olives, nuts and seeds. Plus, it may also raise triglycerides and lower HDL (good) cholesterol.

This chart shows you carb, fat and protein comparisons:

	Carbs	Fat	Protein
Atkins	3-20%	45-65%	25-35%
South Beach	10-25%	50-70%	20-30%
Healthy	50-60%	20-30%	20-25%
Ornish/Pritikin	70-80%	5-15%	10-15%

Diets at both the top and bottom extremes have their problems. Anyone can lose weight on a diet – fad or otherwise - for a week, a month or even six months. But, for a weight loss program to be truly effective, your diet must become part of your lifestyle and the basis of everyday food choices. Besides health concerns, too many people find both low carb and high carb diets difficult to stick with for a lifetime. Your best bet is to develop a low calorie, healthy eating lifestyle that includes regular moderate exercise.

Moss Greene is the Nutrition Host at Bellaonline.com. Visit her web site at <http://www.bellaonline.com/site/nutrition> to find out how to look better, feel your best and have more energy -naturally. Join her free health and fitness newsletter by going to <http://www.bellaonline.com/articles/art2919.asp>
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Low-Carb Dieting During Pregnancy May Benefit Your Baby!

By Melissa White

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As low-carb dieters change their eating habits, it is likely that these habits will stay with them. There is no surprise then that more and more pregnant women are trying to maintain their low-carb routine during the months of pregnancy. There are new studies being done on low-carb dieting that point to the fact that there may be benefits in the long run for children of low-carb dieting.

Scientists from the Southampton School of Medicine have used mice to study the benefits of low-carb diets during gestation. It was found that pups born to mice fed a high-unsaturated protein and fat diet and low in carbohydrates were more likely to have low liver triglyceride levels than the pups born to mice fed a standard diet which was high-carb and low-fat. Low-carb pups also had higher amounts of protein that help in burning fat than the pups that were on the standard diet.

The mother mice were put on either the low-carb diet or the high-carb/low fat diets six weeks prior to being impregnated and stayed on the diets throughout their entire pregnancy as well as the duration of nursing. Post weaning all pups were fed the same high-carb diet, despite this fact, the pups born to the low-carb mothers were found to have significantly greater levels of the hepatic proteins CD36, CPT-1 and PPAR α , which help with fatty acid oxidation.

The mice on the low-carb diet ate about 21 percent less than the high-carb/low fat diet. These low-carb mothers also consumed about 57 percent fewer carbs, 23 percent more protein, and 153 percent more fat than the high-carb mothers.

Humans too need to maintain low levels of liver triglyceride and a good lipid (fat) metabolism. This will help reduce the risk of coronary artery disease. This disease alone kills thousands of Americans each year.

Melissa "Granny" White is a Low-Carb Diet fan and has been making delicious Low Carb recipes for years. You can get all 800 of her delicious recipes at: <http://www.grannys-low-carb-recipes.com>.

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