

New Diet Philosophy?

The Low fat diet fad originated in the 1980's in response to high incidence of heart disease and the role triglycerides and excessive cholesterol play in that scenario. This was probably amplified by the society's stress on fitness body image. Today low carb diets have begun to replace low fat diets as the choice for weight loss. Besides a tendency to overeat carbs when on low fat diets, which will significantly increase total caloric intake, this also causes an insulin surge that will stimulate fat storage. Current concepts stress eating a balance of protein, fat and carbs, with foods such as whole eggs, real cheese, and red meats being acceptable. One should make an effort to keep simple sugars especially restricted. Obvious factors like good hydration (lots of water), minimizing alcohol intake, and not smoking complement a good diet.