

PREVIEW_ Dr. William Yancy - Is There Science to Support Low Carb_ (SF 2016)

Dr. Eenfeldt: People still often say that low-carb is just a fad. What could you say to that?

Dr. Yancy: I'd say it's not a fad, there's a lot of evidence behind it. And I am actually pretty surprised that it's still considered that. I think that really stems from the fact that the low-fat type of diet has been the recommended diet for so long that anything that's not a low-fat diet is considered a fat diet.

I think also that stems from books that are written about and diet books sold to laypeople in the popular press. I think any type of diets that's promoted in that way is considered a fad diet. And then I guess another potential reason is because any type of diet that might lead to rapid weight loss might be considered a fad diet.

Dr. Eenfeldt: So if it's working, then it's a fad.

Dr. Yancy: I don't know exactly how people come to thinking something as a fad diet, but I would think that one main criteria considering what we know about the term fad, is that it be some type of diet that came and went, in terms of popularity.

And the low carbohydrate diet has been around since the 1900s and it certainly has been a diet that people followed. And, you know, a decent proportion of people have followed at least since the 1970s or 80s. And there's accumulating evidence behind it in the scientific literature.

And I think that's probably the last kind of reason why it shouldn't be considered a fad, is because it has solid evidence behind it, I mean a growing number of studies. And I think it rivals other types of diets, even a low-fat diet, in terms of the volume of the scientific literature.

Dr. Eenfeldt: But still a lot of people claim, even today, that there's no evidence to support this. Are there?

Dr. Yancy: There's ample evidence to support it and so, if somebody's claiming that there's no evidence then they're not looking at the evidence.

Dr. Eenfeldt: So, what for example?

Dr. Yancy: Well, so, there are a number of clinical trials that have lasted anywhere from six months to two years now.