

PREVIEW_ Miriam Kalamian - Q&A (San Diego 2017) 2

Questioner woman: Hi, I'm going to follow up on that blood sugar or blood glucose question. So I'm a physician, I'm seeing a man right now who has been on the Atkins diet for about maybe six or seven months and he's coming up with a lot of high glucose readings, like I mean 110.

Miriam Kalamian: Fasting glucose?

Questioner woman: Fasting.

Miriam Kalamian: Test other times, look at it two hours after and see if it's coming back down. But the other thing is people on the Atkins diet may be taking in too much protein at the evening meal. Or they may be eating too close to bedtime.

Questioner woman: Okay, thank you.