

Preview Eric Westman - Q&A (San Diego 2017) 1

Questioner man: Hi Dr. Westman. Two categories, what do you recommend for vegetarians and what is the place of fasting in any of this?

Dr. Eric Westman: So you can do vegetarian low-carb diets and in "The New Atkins for a New You" there are actually vegetarian meal plans. It's a little harder to go lower but you can do it.

And one of the major substitutions is the cauliflower rice, riced cauliflower instead of rice for some populations. But as long as you're able to eat eggs you can get a good variety. And your second question was... the fasting. Yeah, so has anyone heard of fasting? Kind of new on the block in terms of science.

If we asked the world proponents of fasting to get up and do a talk like this they are not going to have many studies, in fact they're old.

So if you are monitoring your own health, your own body composition, things like that, I think the concern we have generally is the potential for protein loss, which I know has theoretical ways to mitigate it and all that, but if I'm faced with a recommendation with the confidence of a medication through FDA, I am not going to recommend fasting. I'm going to recommend a low-carb high-fat diet.

Now if you define fasting as eating once a day because you're not hungry, I guess I have a lot of people who fast. So if intermittent fasting means you're just eating once a day, you're not deprived for 16 hours because you have a certain hour of the day where...

I haven't kept up my sleeve all the definitions, because there's so many of them. So if you listen to your body and eat when you're hungry and eat just once a day and that's what fasting is, I guess, I think that's okay.