

PREVIEW_ Andreas Eenfeldt - Presentation (Breckenridge 2018) 2

Dr. Andreas Eenfeldt: But this is not just an anecdote. The gold standard of researchers is randomized controlled trials. There had been dozens of those made on a low-carb diet versus a low-fat diet for weight loss.

So what does it show? There's an organization in the UK called the Public Health Collaboration. And they have a running, you know, a scoreboard of this. So the score at the moment is 31 wins for low-carb and a big fat 0 for low-fat. It's pretty interesting, right?

And still we get articles like the one last week saying low-carb diets are no better than traditional focus on fat. There's no difference and I am sure a lot of you read about this.

Actually the low-carb people lost 17% more weight, but it wasn't statistically significantly different. So then you can say there's no difference. And actually there are a number of these studies that haven't really shown a clear winner.

Often it sort of trends towards low-carb but you can't say that definitely it's not random. So there used to be 30 studies that were draws, and now after the one from last week we have 31 draws.

But notice what's not there. There is no wins for low-fat. Low-fat never wins. The question is just how badly does it lose.