

## Why All the High Protein Hype? Are Carbs the Culprit?

The high protein diet craze has hit America by storm. Millions of people are foregoing breads, cereals, crackers, and other grains, and limiting fruits and vegetables, to dine on steak, eggs, bacon and other meats to their hearts' desire. But are these diets safe? Here are some of the facts people should know before choosing this type of diet.

1. There is **no scientific evidence that carbohydrates stimulate appetite** or lead to fat storage and weight gain.
2. A **high protein diet doesn't build muscle** and burn fat as many people think.
3. Diets **high in protein are usually high in saturated fat** and thus can raise cholesterol levels.
4. **High protein intake stresses the kidneys** and results in a greater loss of calcium in the urine.
5. **Once the diet is ended, weight is regained in many individuals** upon return to usual eating habits.
6. **Athletic performance is compromised** on a low carbohydrate diet.
7. **Ketoacidosis breath occurs.** This can be described as a cross between nail polish and over-ripe pineapple. It is common for dieters who consume so few carbohydrates that they put their bodies in ketosis.

Your best bet for permanent weight loss and maintenance is a diet rich in whole grains, fruits and vegetables, with smaller amounts of non-fat dairy products, and lean meat and beans, and very little cookies, sugary desserts, bagels, chips, fries, pizza, soda etc. Research shows successful weight losers have succeeded by consuming a low fat, high fiber diet coupled with regular exercise.