



<https://iin.edlumina.com/navigation/reset>

High-fat Diet

The high-fat approach is a low-carbohydrate style of eating with an emphasis on fat and protein. This diet is supported by endocrinologist James Hays, MD, – he uses it to help people with diabetes. Under this plan, about 50% of calories come from fat, particularly saturated fat. Similar to the Atkins Diet, high-fat diets are especially effective for people who are very overweight and have a lot of weight to lose. However, the diet may be difficult to sustain long-term due to the strict limits on carbohydrates.

Dieters are instructed to eat meat, low-starch fruits and vegetables, and fat. A typical dinner might include red meat, 1/2 cup of vegetables, 1/2 cup of salad, and 1/2 an apple. Carbohydrates include oranges, peaches, and pears as well as broccoli, cauliflower, and other vegetables that grow above the ground. Milk should be avoided as well as starches such as pasta, cookies, breads, and cakes.

Foods to include:

- Low-starch vegetables
- Low-starch fruits
- Meat
- Poultry
- Fish
- Eggs
- Butter and cheese
- Nuts and seeds
- Healthy oils

Foods to avoid:

- High-starch vegetables
- High-starch fruits
- Grains
- Quinoa
- Sugar
- Trans fat
- Processed foods

Pros:

- Quick weight loss in some cases
- May reduce diabetes
- May lead to increased energy

Cons:

- Some thrive and maintain weight while eating carbs
- Avoiding carbs may lead to cravings and binges
- May lead to high-cholesterol and heart conditions

Source:

Low-Carb, High-Fat Diet Drops Weight www.webmd.com <http://www.webmd.com>

High Fat diet? www.ivanhoe.com <http://www.ivanhoe.com>

High Protein, High Fat, Low Carbohydrate Diets: New Is Old – Really Old www.femalemuscle.com <http://www.femalemuscle.com>