



## Hollywood diets don't work

*The low-carbohydrate, high-fat, meat-rich diets claimed to be "shrinking Hollywood" are not good for your long-term health. According to experts, they place extra strain on one's kidneys and provide ingredients for heart disease later in life.*



### What are they?

Low-carb diets come under the names of the Atkins diet and the Palaeolithic or Stone Age diet (it's based around the theory of evolution). They promote the consumption of large amounts of meat. (The Palaeolithic diet actually promotes lean meat). The Atkins diet promotes all the meat, cheese, eggs and fat you'd like—to help you lose weight. These diets restrict both types of carbohydrates—the refined, and the unrefined or wholegrains

### Why are they dangerous?

A high-protein intake places more strain on your kidneys, making them work harder. It may also increase calcium loss from your bones increasing your risk of osteoporosis. The high fat and cholesterol intake raises your risk of high-blood cholesterol and any tendency toward heart disease.

### Which diets are best?

There is no scientific evidence that the Atkins diet keeps weight off permanently, and it has been criticised by doctors and nutritionists for its unhealthy composition, which may be harmful to your long-term health. The life span reported for hunter-gatherer societies following the Palaeolithic diet is around 30 years, but factors additional to diet probably contribute to this limited life span.

Diets based mainly on plant foods, but which include wholegrains and limit refined carbohydrates such as sugar, are linked with the best health outcomes overall.

Studies on Seventh-day Adventists, who are generally vegetarian, show vegetarians have a 25 per cent lower risk of heart disease, reduced rates of certain cancers—and, in general, are thinner!

See **page 42** for a healthy recipe for your diet.