

Fettsnål kost ger björnar fetma på hösten.

I nummer 8/02 av tidningen "Forskning&Framsteg" finns en intressant och läsvärd artikel om björnen och vintersömnen. Björnen har på någon månad en viktuppgång på ca 30 % i form av fett, för att klara energibehovet under vintersömnen.

Här kommer fler bevis på att det inte är fett vi skall undvika om vi inte vill gå upp i vikt, utan det är socker och snabba kolhydrater. Från artikeln som skrivits av Gunilla Heick:

"Vi har nyligen kommit fram till att insulin påverkar anhopningen av fett hos björnarna. Insulinnivån stiger på sensommaren, vilket hänger ihop med björnens enorma aptit just då. För att fylla magen inför vintersömnen äter björnen massor av bär. Dessa har hög sockerhalt. De fettlagrande cellerna behöver insulin för att transportera sockret genom cellmembranet. Ju mera socker björnen får i sig, desto mera insulin behöver den. Sockret omvandlas därefter till välbehövligt fett."

Intag av mer fett hos människan leder till minskad vikt och bättre värden hos blodfetterna

Nu har tre undersökningar, t o m gjorda av den fettsnåla kostens företrädare, visat att de som äter mer fett och mindre kolhydrater (s k Atkins Diet) går bäst ner i vikt. Dessutom får de bättre värden hos sina blodfetter - vilket förvånar företrädarna för den fettsnåla kosten.

Men observera hur dessa företrädare, på samma sätt som i Sverige, inte förmår att inse behovet av en radikal helomvändning. Man skyller på att man nu inte kan vända på fläcken. Men en världsledande näringsforskare och epidemiolog Walter Willett från Harvard säger om detta:

"Scandalous," says Willett. "They say, 'You really need a high level of proof to change the recommendations,' which is ironic, because they never had a high level of proof to set them." (Science 2001 291: 2536-2545)

Från www.diabetesincontrol.com den 27/11 2002

Low-Carb Atkins Diet Being Tested After Positive Results from a Small Study

After years of dismissing the Atkins diet, the medical establishment is at last putting it to a careful test and finding it might not be the nutritional foolishness they long assumed.

A small study released Monday found that contrary to expectations, dieters' cholesterol levels do not shoot through the roof, and they take off more weight — at least in the short term — than do people on a standard low-fat regimen.

The researchers feel that "more study is necessary before such a diet can be recommended,"

Experts caution that the number of overweight people studied on the Atkins diet is small, and the research does not examine possible long-term ills or advantages, including how long people keep the pounds off.

At least three formal studies of the Atkins diet have been presented at medical conferences over the past year, and all have reached similar results. The latest, conducted by Westman, was presented at the annual scientific meeting of the American Heart Association long a stronghold of support for the traditional low-fat approach.

Westman, an internist at Duke's diet and fitness center, said he decided to study the Atkins approach because of concern over so many patients and friends taking it up on their own.

They studied 120 overweight volunteers, who were randomly assigned to the Atkins diet or the heart association's Step 1 diet, a widely used low-fat approach. On the Atkins diet, people limited their carbs to less than 20 grams a day, and 60 percent of their calories came from fat.

After six months, the people on the Atkins diet had lost 31 pounds, compared with 20 pounds on the AHA diet, and more people stuck with the Atkins regimen.

Total cholesterol fell slightly in both groups. However, those on the Atkins diet had an 11 percent increase in HDL, the good cholesterol, and a 49 percent drop in triglycerides. On the AHA diet, HDL was unchanged, and triglycerides dropped 22 percent. High triglycerides may raise the risk of heart disease.

While the volunteers' total amounts of LDL, the bad cholesterol, did not change much on either diet, there was evidence that it had shifted to a form that may be less likely to clog the arteries.

No single study is likely to change minds on the issue, especially since an initial weight loss is hard to maintain on any diet. Some answers could come from a yearlong study being sponsored by the NIH.

That experiment, being directed at the University of Pennsylvania, will test the Atkins diet on 360 patients.

Dr. Sidney Smith, the heart association's research director, said it was a surprise that the Atkins diet did not raise LDL cholesterol. "One small study like this flies in the face of so much evidence. We can't change dietary recommendations on the spot," he said.

Dr. Alice Lichtenstein, a nutrition expert at Tufts University, said she thinks too much is made of the amounts of carbohydrates and fats in people's diets as they try to shed weight.

"There is no magic combination of fat versus carbs versus protein," she said. "It doesn't matter in the long run. The bottom line is calories, calories, calories." *Source: American Diabetes Association*
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Is the Atkins Diet Right for You?



Despite skepticism among many in the health care community, the high-fat, low-carbohydrate Atkins diet has yielded positive results in recent studies.

Rather than raising cholesterol, as some suspected, the Atkins diet was found to improve cholesterol levels. Likewise, study participants lost weight while following the diet.

One recent study compared the Atkins diet to the American Heart Association's Step 1 diet, which uses a low-fat approach. A group of 120 overweight volunteers were randomly assigned to one of the two diets. Those on the Atkins diet received about 60 percent of their calories from fat while limiting their carbohydrate intake to less than 20 grams per day. After six months, the people following the Atkins diet had lost 31 pounds, while those on the AHA diet had lost 20 pounds. Also, people were more likely to stick with the Atkins diet than the AHA diet.

In terms of cholesterol, HDL (good) cholesterol increased 11 percent in those on the Atkins diet while that of the AHA participants remained unchanged. LDL (bad) cholesterol did not change significantly in either group, though evidence suggested that it had changed to a form that may be less likely to clog arteries in both groups. However, people who followed the Atkins diet had a 49 percent decrease in triglycerides, an indicator for heart disease, compared with a 22 percent decrease in those on the heart association diet.

Though results look promising, researchers mention that studies to date are small and do not address long-term effects of the diet. More research, in the form of larger, long-term studies, is necessary before the diet will become widely recommended.

[MSNBC](#) November 19, 2002

Min kommentar:

Jag kan inte se annat än att det nu kommer allt fler bevis för att den fettsnåla kosten gör oss fetare och sjukare - tvärt emot vad de som utformat våra kostrekommendationer har påstått. Observera att det tidigare saknades vetenskapligt stöd för proklamationen av den fettsnåla kosten enligt W. Willett. En sak är att nu snabbt rätta till denna felbedömning. Men riktigt bekymmersamt blir det om företrädarna för den fettsnåla kosten av olika skäl inte förmår detta, utan motarbetar förändringen, och övervikten, fetman och diabetes därmed fortsätter att förvärras i samhället. Vad skall vi då göra? Vem skall då ta ansvar för denna utveckling?