

# Problems Associated With Low-carbohydrate/High-protein Diets

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## Problems Associated With Low-carbohydrate/High-protein Diets

A diet that is low in carbohydrates and high in proteins is not a healthy weight loss method. This type of diet, such as the Atkins Diet, recommends eating foods that are high in fat and protein. However, there are no restrictions on the kinds of fat and protein that may be consumed; and there are no restrictions on caloric intake. This poses a problem because there are health risks [associated](#) with high amounts of fat and protein in the diet. There are also health risks associated with carbohydrate deficiency. Our bodies need carbohydrates in order for our brains and central nervous systems to function properly. Carbohydrate deficiency also leads to losses of functional protein tissue in the muscles. Thus, low-carbohydrate/ high-protein diets are not a healthy approach to weight loss.

Low-carbohydrate/ high protein diets, such as the Atkins Diet, encourage dieters to consume foods that are proven to cause health problems, especially heart disease. These diets replace carbohydrates with high-fat and high-protein foods such as meats, eggs, cheese, and butter. The problem with this recommendation is that there are no restrictions

on the amount or the type of fat contained in these foods; and this flaw in the diet can lead to a higher risk of heart disease. Low-carbohydrate/ high-protein diets neglect some important risk factors for heart disease. One of these factors is total dietary fat intake. The Atkins Diet, for example, does not restrict the amount of calories that comes from fats. Another risk factor is the type of fat, saturated or unsaturated. Saturated fats such as butter, lard, margarine, meats, and dairy products should only constitu...

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...ts that our bodies need in order to function properly. Our brains need the fuel that carbohydrates provide for us; and the energy that comes from protein is not a sufficient source to replenish the rest of our bodies. Thus, including more protein-rich foods as part of our diet does not compensate for this loss of energy. Eating excessive amounts of protein affects our health in a negative way. The saturated fat and cholesterol in these foods that are recommended by low-carbohydrate/ high-protein diets actually promote an increased risk of heart disease. A weight loss plan that leads to such adverse effects on the body is definitely not a dieter's healthiest option. Before adhering to a diet plan, one must weigh the pros and cons of its effects. It is easy to see that in the case of low-carbohydrate/ high-protein diets, the negatives outweigh the positive.

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