

**EFFECTS OF LOW-CARBOHYDRATE
VS LOW-FAT DIET IN WEIGHT
MANAGEMENT AND
LIPID PROFILE**

**DR. HSU HSU LYNN MYINT
1001231997**

**MASTER OF SCIENCE (ANTI-AGING,
REGENERATIVE MEDICINE AND MEDICAL
AESTHETIC)
FACULTY OF MEDICINE AND
HEALTH SCIENCES
UCSI UNIVERSITY**

2014

ABSTRACT

Obesity and overweight has become major public interest since the populations who are overweight and obese are increasing gradually in both developed and developing countries. Modern sedentary lifestyles with advanced technologies make people living in obesogenic environment where energy intake outbalances energy expenditure. Increased in body weight is a way of expressing one is taking more than what he uses for his bodily function. Many illnesses are associated with obesity including; coronary heart disease, stroke, hypertension, diabetes mellitus, depression, and it has social impact as well. Humans are in search to overcome this condition in different ways by developing medications, physical activities, dieting and even more into genetic level. Developing diet plans is one of the strategies that has been tried for a long time, and since then many diet plans have been flourished. Low-carbohydrate diet and low-fat diet are the two popular diets that have been studied for their efficacy, safety and their impact on cardiovascular risk factors. Intense controversies are among these diets on cardiovascular risk status. This structured review was aimed to assess the effectiveness of low-carbohydrate and low-fat diet on weight management and lipid profile. Five randomized trials met the criteria and all are of high quality trials. The result suggested that 1) both low-carbohydrate diet and low-fat diet are effective in weight management. 2) More weight loss is seen with low-carbohydrate diet. 3) Low-carbohydrate diet has a favorable impact on cardiovascular risk factors. It can be concluded that low-carbohydrate diet is more effective in reducing body weight than low-fat diet. Each study with their effect on lipid profile has been discussed in this review. This study can be somewhat supportive for favorable outcome of low-carbohydrate diet on weight management and serum lipids.