

# Re: A calorie is NOT a calorie!

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- *From:* Jim Chinnis <jchinnis@xxxxxxxxxxxx>
  - *Date:* Wed, 14 Jun 2006 21:56:45 GMT
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"TC" <tunderbar@xxxxxxxxxxxx> wrote in part:

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Jim Chinnis Warrenton, Virginia, USA  
jchinnis@xxxxxxxxxxxx

That figure came from studies in the 1970's before the low carb "craze" of the late 1990's and early 2000's. Do you have any scientific data that says that this failure rate also applies to low-carb diets? Or are you just guessing? Or wishing? Or hoping?

TC

I knew people on Atkins in the late 60s. They've remained fat all their lives, with brief slimdowns here and there. Ever since the 1960s, low-carb

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has been one of the diets on the short list of popularity.

I guess that is all the scientific proof needed. You knew people on Atkins in the 60s.

It proves it isn't new.

I'm unwilling to look up cites right now, so just say I'm making up the fact that (at least!) 95% of weight-loss diets fail over the long haul, as well as that most people are fat.

Unwilling? Lazy shit. Then shut the f\*\*k up. Mind your own beeswax.  
Unwilling!

No wonder you've resided in my bozo filter for so long. Unlike you, some of us have jobs, families, friends, and lives.

I agree that low carb, done right, will result in weight loss over the months or maybe longer with the right unflagging motivation. I follow a reduced carb diet myself and have done so for years. And my weight is good. But low-carbing is only part of the reason for my success, and it's no panacea.

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Jim Chinnis Warrenton, Virginia, USA jchinnis@xxxxxxxxxxxxx

Low carb is the only "panacea" that actually works. Except for dangerous abject nutrient deprivation like that advocated by the vegan cults. If you can remove all the processed and refined manufactured crap from your diet, you will maintain a reasonable state of weight and health. Real food. Real fresh whole food. Real meats from healthy animals. Eat real food and you will be healthy and thin(ner).

Back to your objection to my 95%+ of diets fail remark. Even in the boom years of Low-Carb, it's been shown that low-carbers aren't often found in the National Weight Control Registry, which is the national database on long-term successful dieters:

Obesity (Silver Spring). 2006 Apr;14(4):710-6. Related Articles, Links

Are the eating and exercise habits of successful weight losers changing?

Phelan S, Wyatt HR, Hill JO, Wing RR.

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**OBJECTIVE:** The purpose of this study was to examine whether the diet and exercise behaviors of successful weight losers entering the National Weight Control Registry (NWCR) have changed between 1995 and 2003. **Research Method and Procedures:** Participants (N = 2708) were members of the NWCR who enrolled in intermittent years since 1995. Participants had lost an average of 33.1 kg and maintained a 13.6-kg loss for 5.8 years before enrollment. Evaluations of diet and physical activity were conducted at entry into the NWCR and prospectively over 1 year. **RESULTS:** From 1995 to 2003, the daily percentage of calories from fat increased from 23.8% to 29.4%, saturated fat intake increased from 12.3 to 154.0 g/d, and calories from carbohydrate decreased from 56.0% to 49.3% ( $p < 0.0001$ ). The proportion consuming  $<90$  grams of carbohydrate (considered a low-carbohydrate diet) increased from 5.9% to 17.1% ( $p = 0.0001$ ). Physical activity was elevated in 1995 (mean = 3316 kcal/wk) but comparable in all other years (mean = 2620 kcal/wk). Stepwise regression collapsing across cohorts indicated that weight regain over 1 year was related to higher levels of caloric intake, fast food consumption, and fat intake and lower levels of physical activity ( $p < 0.03$ ). **DISCUSSION:** The macronutrient composition of the diet of NWCR members has shifted over the past decade. Still, only a minority consumes a low-carbohydrate diet. Despite changes in the diet over time, the variables associated with long-term maintenance of weight loss were the same: continued consumption of a low-calorie diet with moderate fat intake, limited fast food, and high levels of physical activity.

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Jim Chinnis Warrenton, Virginia, USA jchinnis@xxxxxxxxxxxxxx

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