

Re: A calorie is NOT a calorie!

Source: <http://sci.tech--archive.net/Archive/sci.med.nutrition/2006-06/msg00221.html>

- *From:* "TC" <tunderbar@xxxxxxxxxxxx>
 - *Date:* 14 Jun 2006 18:34:42 -0700
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Jim Chinnis wrote:

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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

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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 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 carbing, 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 carbing 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

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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.

Weight Control and Diabetes Research Center; 196 Richmond Street, Providence, RI 02906. sphelan@xxxxxxxxxxxxxx

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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The authors of your cite:

Holly R. Wyatt, M.D., Assistant Professor of Medicine, University of

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Colorado Health Sciences Center, Denver. Receives consulting fees from Ortho–McNeil, USANA, and GlaxoSmithKline. Receives speaker fees from Roche Laboratories, Abbott Laboratories, Slim–Fast, and Ortho–McNeil. (N. Engl. J. Med. 2003;348:2082–90)

James O. Hill, Ph.D., Professor of Pediatrics and Director, Center for Human Nutrition at the University of Colorado Health Sciences Center, Denver. Co–chair of the Clinical Advisory Board of the Grain Foods Foundation. (http://www.grainpower.org/hp_experts.asp; accessed 7/25/05) Member, Blue ribbon advisory board on health and wellness, PepsiCo. (http://media.corporate-ir.net/media_files/IROL/78/78265/presentations/121304.pdf; accessed 5/31/05) Member of the McDonald's Corporation Global Advisory Council on Healthy Lifestyles; formed to "help guide the company on activities that address the need for balanced, healthy lifestyles." (<http://www.mcdonalds.com/corporate/press/corporate/2003/05212003/>; accessed 6/23/03) Receives consulting fees from HealthTech, Johnson & Johnson, Procter & Gamble, and Coca–Cola. Receives speakers fees from Abbott Laboratories, Roche Laboratories, and Kraft Foods. Receives research funding from M&M Mars. (N. Engl. J. Med. 2003;348:2082–2090.) Member of the expert advisory board for the American Council for Fitness and Nutrition. (<http://www.acfn.org/about/advisory.html>; accessed 10/31/03) Research on weight management supported in part by Abbott Laboratories. (J. Amer. Coll. Nutr. 2001;20:26–31.) Member of the Foodfit.com advisory board. (<http://www.foodfit.com/about/advisoryBoard.asp>; accessed 11/11/00) Participated in a 3/25/99 panel assembled by the Sugar Association to inform New York magazine editors about obesity, calories, and activity. (Sugar Association's 1999 annual report, <http://www.foodingredientsonline.com>; accessed 03/30/99) Research on the role of carbohydrates in weight management was supported by the Sugar Association. (Letter from Sugar Association to USDA; on file with CSPI; 4/16/99) Research on using Orlistat for weight maintenance funded by Hoffmann–La Roche. (Am. J. Clin. Nutr. 1999;69:1108–16) Lead author of a study on olestra supported by a grant from Procter & Gamble. (Am J Clin Nutr. 1998;67:1178–85.) Co–wrote a 1998 report for ILSI on "Carbohydrates and weight management." Research on the effects of covert substitution of olestra for conventional fat on spontaneous food intake supported by Procter & Gamble. (Am J Clin Nutr. 1998;67:1178–85.)

Rena R. Wing, Ph.D., U. of Pittsburgh School of Medicine. Consultant to and received research support from Lilly Pharmaceuticals, is on Weight Watchers Advisory Board; has received research support from Ross Laboratories and ILSI. (Newark Star–Ledger, 2/17/97 notes Eli Lilly, WW)

about ILSI:

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http://cspinet.org/integrity/nonprofits/international_life_sciences_institute.html

INTERNATIONAL LIFE SCIENCES INSTITUTE

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In 2006, the World Health Organization excluded ILSI from WHO committees that set global standards for food and water supplies because of links between ILSI membership and funding from the commercial sector. (Clapp, Stephen. "ILSI excluded from WHO standard-setting activities," Food Chemical News, 2/13/06).

ILSI has received funding from the alcoholic beverage industry. (Addiction. 2001;96:197-202)

ILSI's fall, 1996, N.Y. Academy of Science conference on fat substitutes was funded in part by Procter & Gamble (Mother Jones, May/June, 1997, p.14).

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(<http://www.ilsi.org/misc/NAassem.pdf>; accessed 4/11/06)

Take your food industry propaganda and shove it.

TC

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