



EXPERT CONSENSUS: LOWER-CARBOHYDRATE DIETS FOR METABOLIC HEALTH

Scientific experts agree that the inclusion of a wider range of carbohydrate intakes, including lower-carbohydrate eating patterns, in nutrition guidance can support positive metabolic health outcomes in adult populations.



Defining Lower-Carbohydrate Eating Patterns

Experts classify a **low-carbohydrate diet** as 50-129 g/d* (10-25% of total energy**) and a **very-low carbohydrate diet** as 20-50 g/d* (<10% of total energy**).¹ Macronutrient quality with a focus on nutrient-dense foods is an important consideration in both eating patterns.

* grams of carbohydrates per day
**based on a 2,000 kcal/day diet

Expert Proposed Lower-Carbohydrate Eating Pattern^{1,2}:



Vegetables (cup/d) = 5



Fruits (cup/d) = 0.5



Grains (ounce/d) = 1



Dairy (cup/d) = 0.5



Protein foods (ounces/d) = 12



Oils (g/d) = 42

Total carbohydrates (g/d) = 126

Experts agree that well-constructed, low-carbohydrate eating patterns can be adequate and comparable in diet quality to existing dietary guidance.¹

Metabolic Benefits of Low-Carbohydrate Diets

Most American adults are not metabolically healthy, with the prevalences of obesity, type 2 diabetes, cardiovascular disease and other obesity-related diseases at an all-time high.³⁻⁶

A substantial body of evidence supports the beneficial effects of nutrient-dense, lower-carbohydrate diets on metabolic health including weight, insulin sensitivity, and multiple risk factors for cardiovascular disease.⁷⁻¹⁰

Promoting Health with Low-Carbohydrate Eating

Inclusion of culturally tailored, lower-carbohydrate dietary patterns in nutrition guidance is one strategy to help promote health among diverse adult populations.

Lower-carbohydrate eating guidance may help improve health equity by addressing common metabolic issues in historically marginalized communities.¹

Lower-carbohydrate diets can be adapted to diverse ways of eating, including plant-based diets and culturally relevant foodways, and can be practical and cost-effective.^{1,2}



Lower-Carbohydrate Diets in Practice

Healthcare providers can support patients in meeting their goals through personalized, culturally relevant dietary recommendations and by taking a lower-carbohydrate approach when indicated. Long-term adherence to lower-carbohydrate eating is achievable and comparable to that of other healthy dietary patterns when patients receive education, resources and support.¹

For sample meal plans, recipes, and other downloadable resources, visit atkins-hcp.com.



References

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