

# **Carbohydrates and Weight Management**

1998

\_Title: Carbohydrates and Weight Management

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Published by ILSI Press \_\_Supported by the ILSI North America Technical Committee on Carbohydrates

Abstract: Despite strong evidence that dietary fat may promote obesity, some authors and researchers have suggested that carbohydrate-rich diets contribute more to weight gain than does fat. This has created considerable confusion about the effect of low-fat foods and carbohydrate-rich diets on weight management. Addressing this, the authors review the effects of carbohydrates on hunger, satiety, and food intake; diet composition and body weight regulation and carbohydrate effect on nutrient metabolism.

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