

Low-Carbohydrate Diets

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Title: "Low-Carbohydrate Diets: Assessing the Science and Knowledge Gaps, Summary of an ILSI North America Workshop."

Authors: Marci J Levine, PhD; Julie M Jones, PhD; David R Lineback, PhD

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Abstract: This article summarizes a 2005 workshop which sought to assess the state of the science; clarify definitions and behavioral questions on low-carbohydrate diets; and identify related research gaps. It covers consumer, health professional, and regulator perspectives on definitions and behaviors related to low-carb diets and reviews theories on how they might work.