

The 18% Solution

The scientific basis of the no starch low fat diet.

Comparison of Eating Beef, Versus Chicken and Fish as Part of a No Added Fat and No Added Starch Diet on Cholesterol, LDL, and Weight Levels,

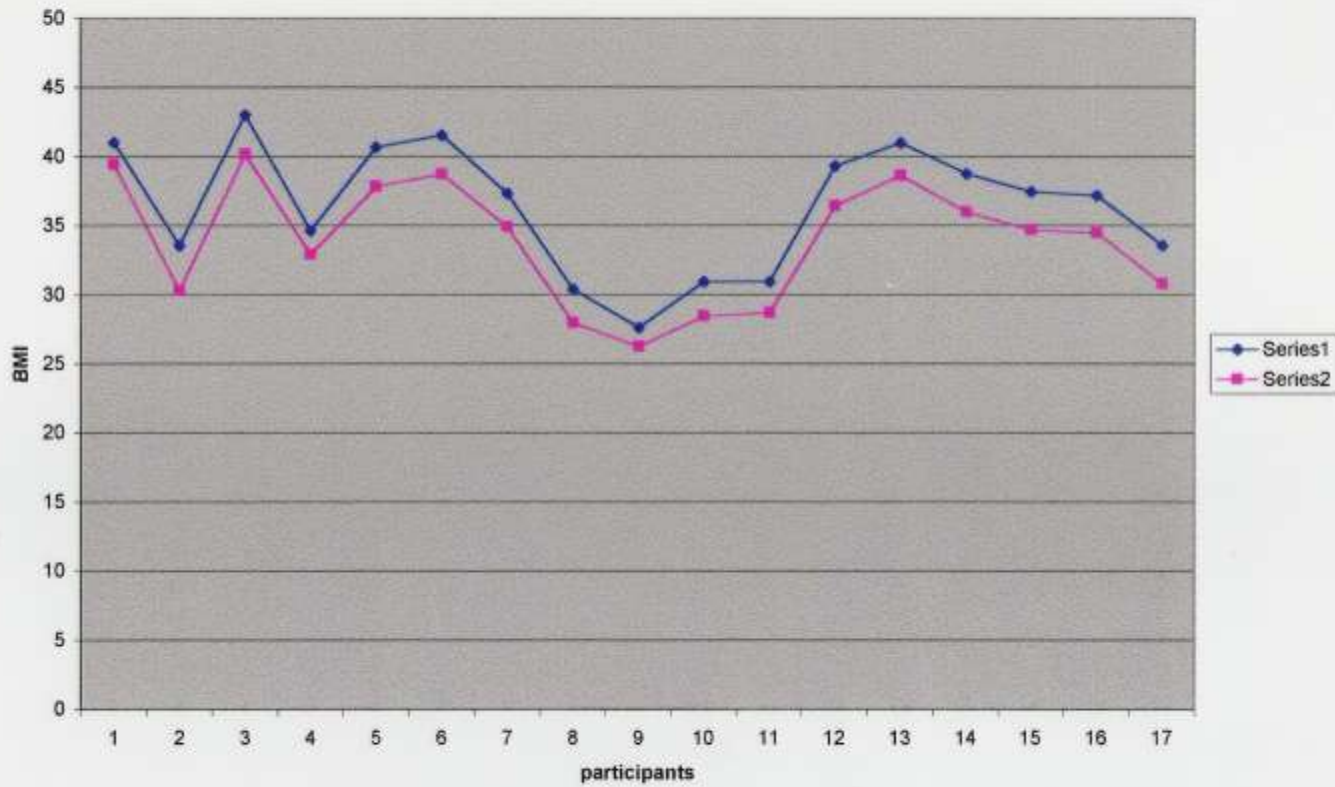
By: Harry Weisman, M.D.

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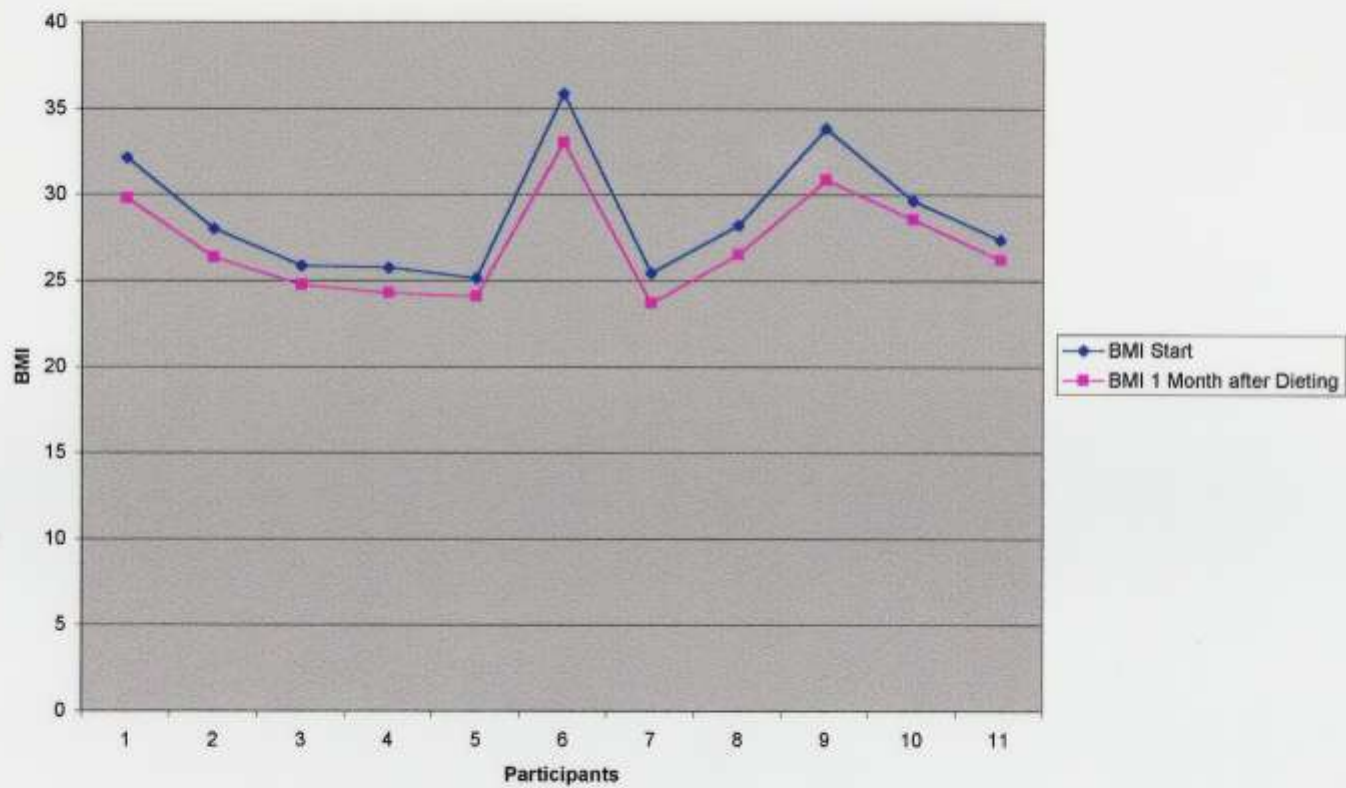
A Comparison of the Effects of Eating Beef, Versus Chicken and Fish as Part of a No Added Fat and No Starch Diet on Cholesterol, LDL and Weight Levels. HARRY WEISMAN *, Los Angeles, California, United States.

Obesity and hyperlipidemia are two major public health problems. The prevailing opinion is that in order to lose weight and lower lipids one has to be on a non-beef diet. The objective of this study was to compare the effect on cholesterol, LDL and weight of eating unlimited amounts of beef versus eating chicken and or fish. All medications which effect cholesterol were unchanged for 6 months prior to the start of this study. 11 patients, 7 males and 4 females, ages 33 to 76, BMI 28.8 + 2.9 ate a diet of fish and or chicken, fruits and vegetables with no added fat and no starch for 4 weeks. 11 patients, 9 males and 2 females, ages 32 to 69, BMI 33.8+2.9 ate a diet of beef, fruits and vegetables, with no added fat and no starch for 4 weeks. At the end of 4 weeks the group that ate fish and chicken had a BMI of 27.1+2.5 a decrease of 5.94% +1.34 ($p < .1$). Their cholesterol went from 208.8+29.1 to 154.9+19.7 a decrease of 25.0% +8.8 ($p < .001$). Their LDL went from 133.3+25.9 to 92.8+21.1 a decrease of 28.9% + 16.5 ($p < .003$). At the end of 4 weeks the group that ate beef had a BMI of 31.4+2.9 a decrease of 7.3% +1.0 ($p = .05$). Their cholesterol went from 240.9+38.8 to 180.5+36.0 a decrease of 24.8 % +10.3 ($p < .005$). Their LDL went from 149.1+39.1 to 112.1 +34.5 a decrease of 23.5%+ 16.5 ($p < .05$). In conclusion we find that at the end of 4 weeks there is a significant weight loss and drop in cholesterol and LDL in patients who follow a diet of fruits, vegetables, no added fat and no starch and either beef or chicken and or fish. However there is no significant difference in weight loss or percentage drop in cholesterol and LDL between the beef eating group, versus the chicken and or fish eating group. These findings negate the popular belief that eating beef by itself raises cholesterol and LDL.

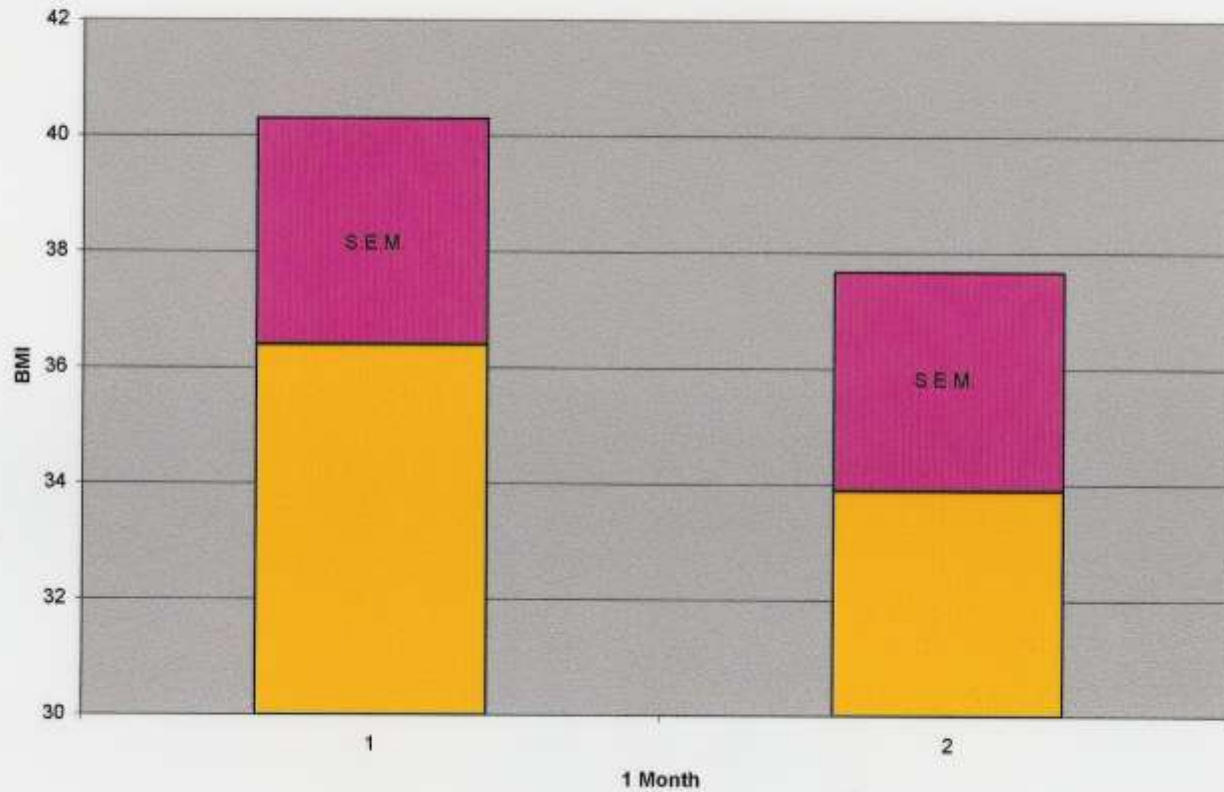
Change in BMI 1 Month After Dieting on Red Meat



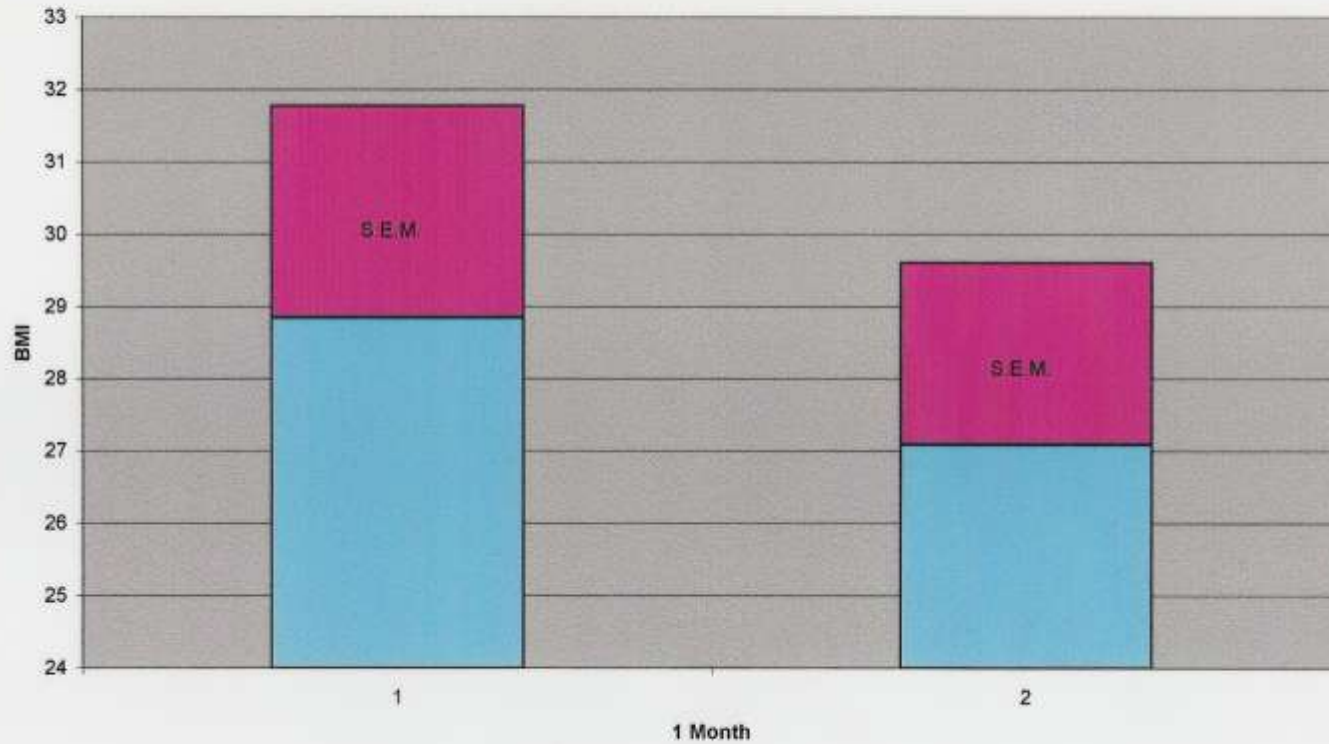
Change in BMI 1 month after Dieting on Chicken or Fish.



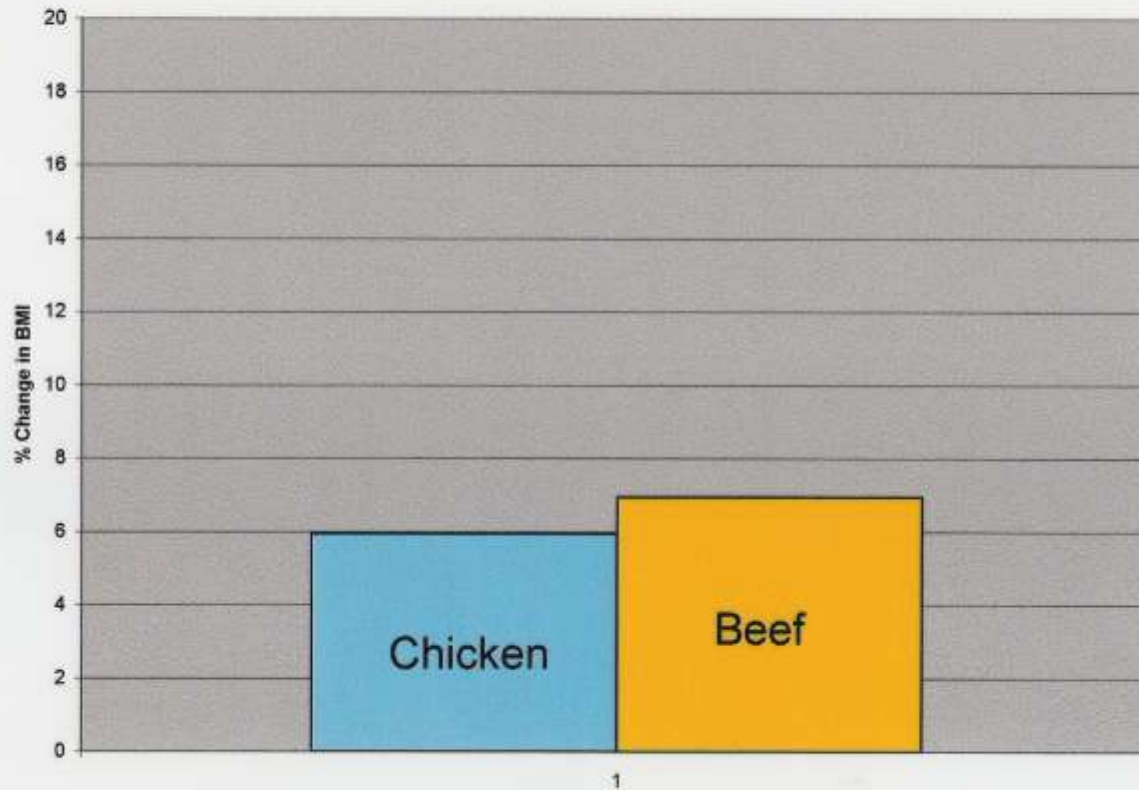
Average Change in BMI 1 Month after Dieting on Red Meat



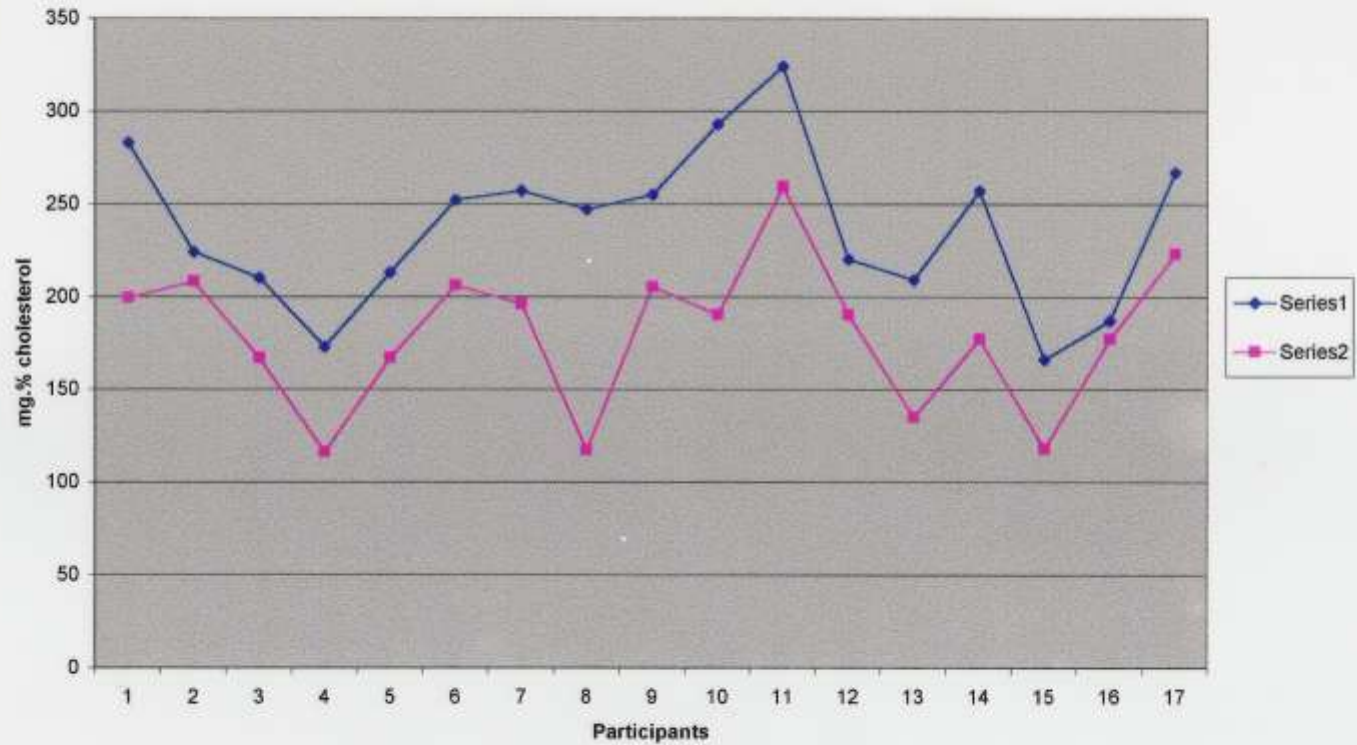
Average Change in BMI 1 Month after Dieting on Chicken or Fish



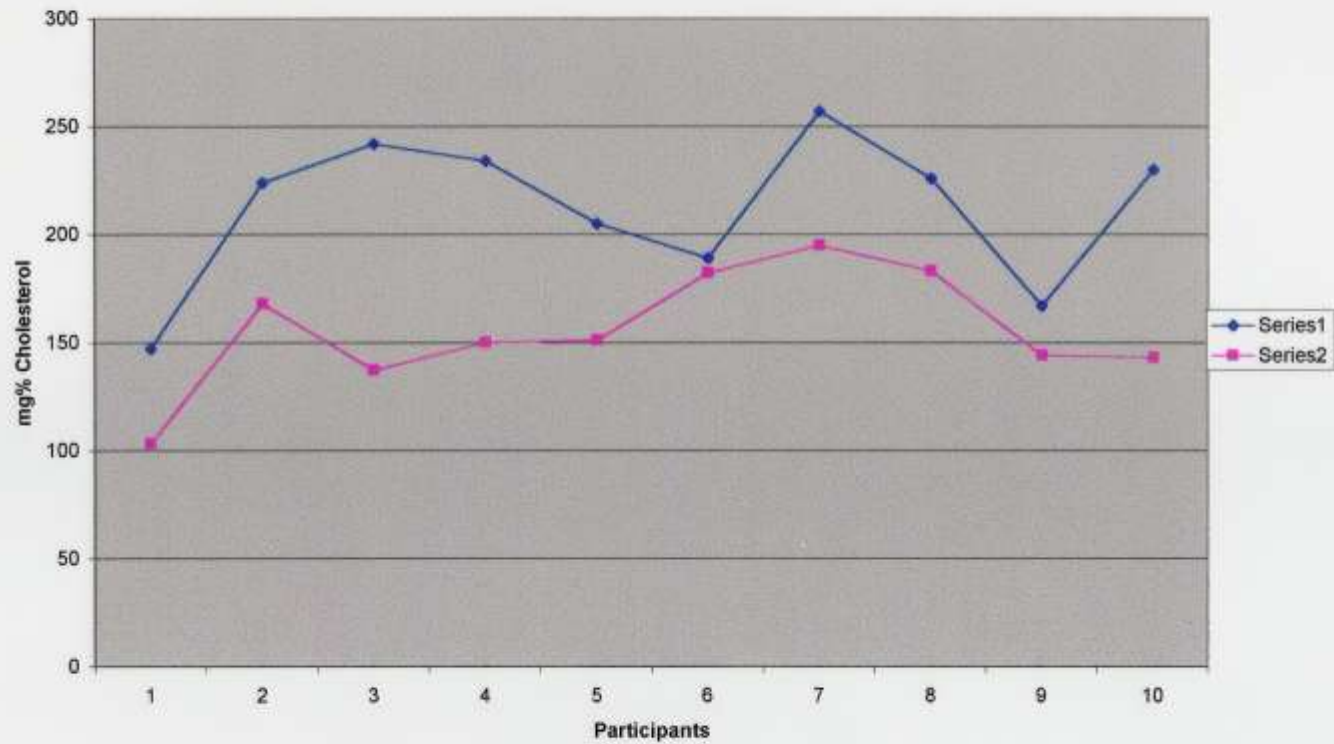
% Change in BMI 1 Month After Dieting



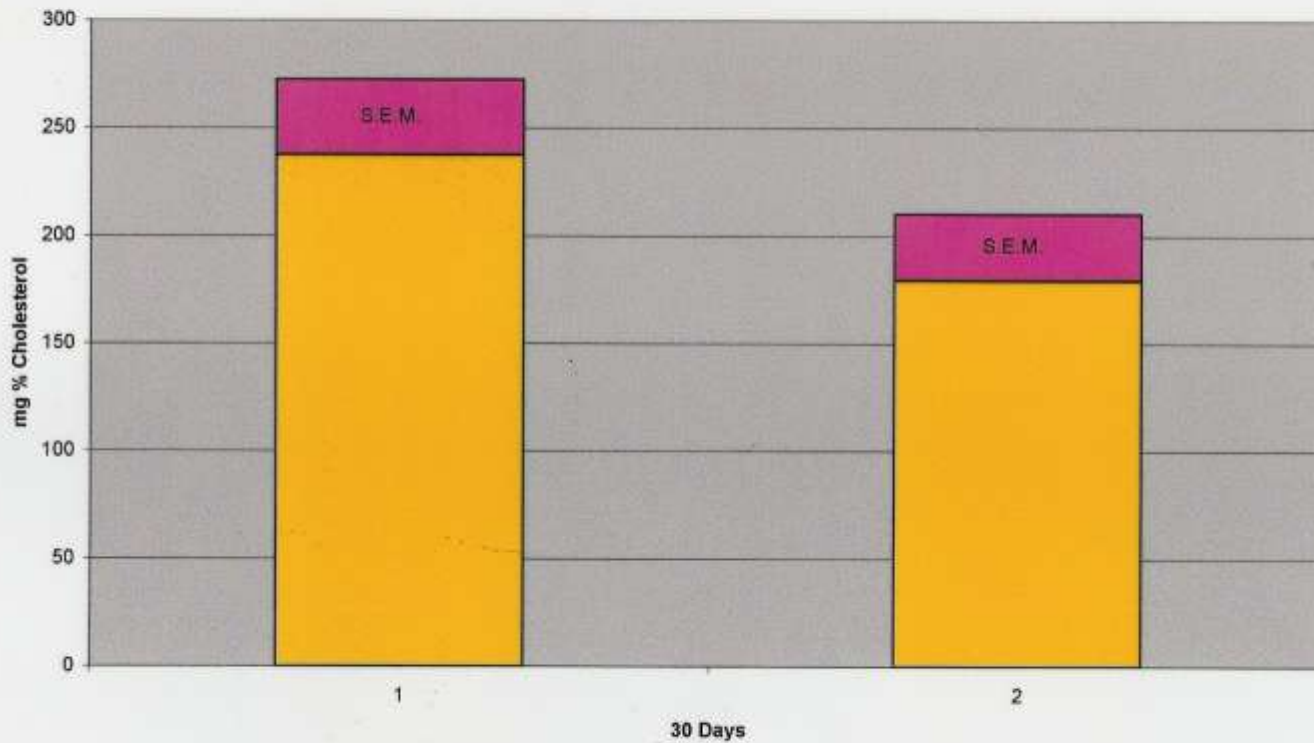
Change in Total Cholesterol 1 month after Dieting on Red Meat



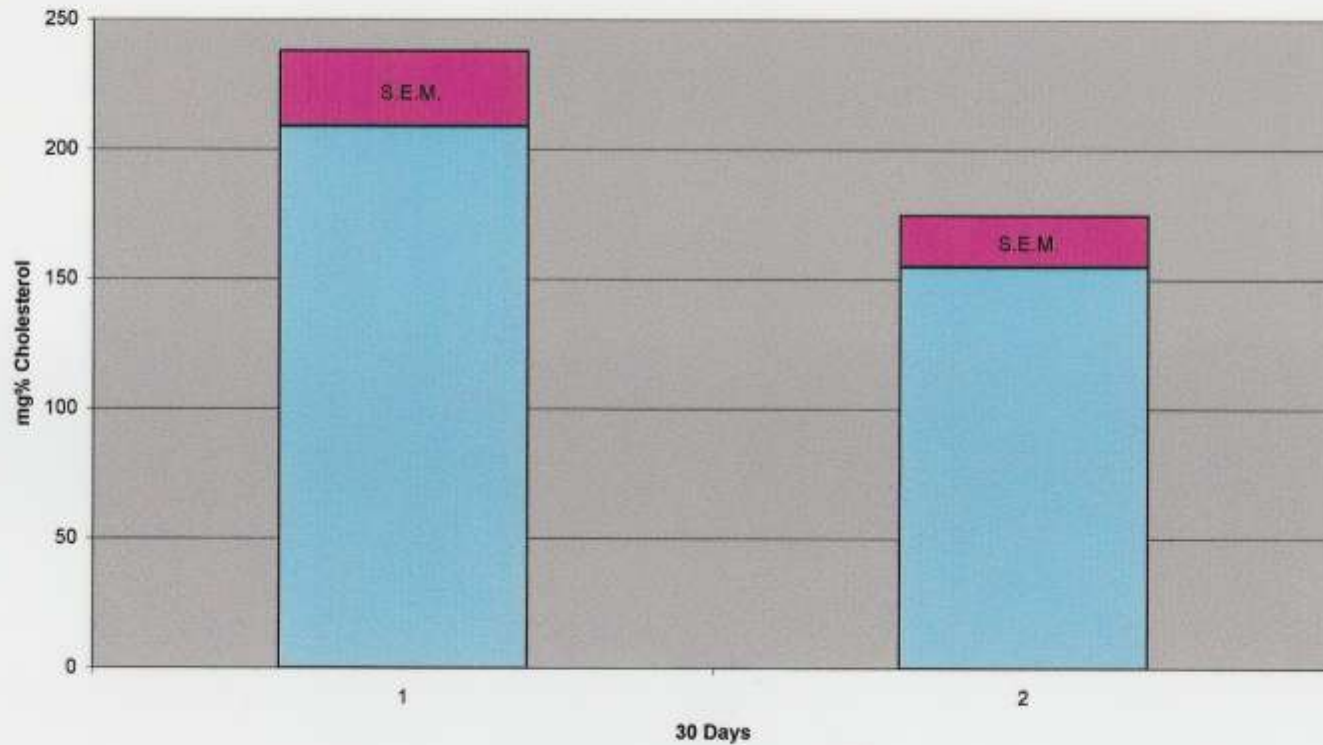
Change in Total Cholesterol 1 Month after Dieting on Chicken or Fish



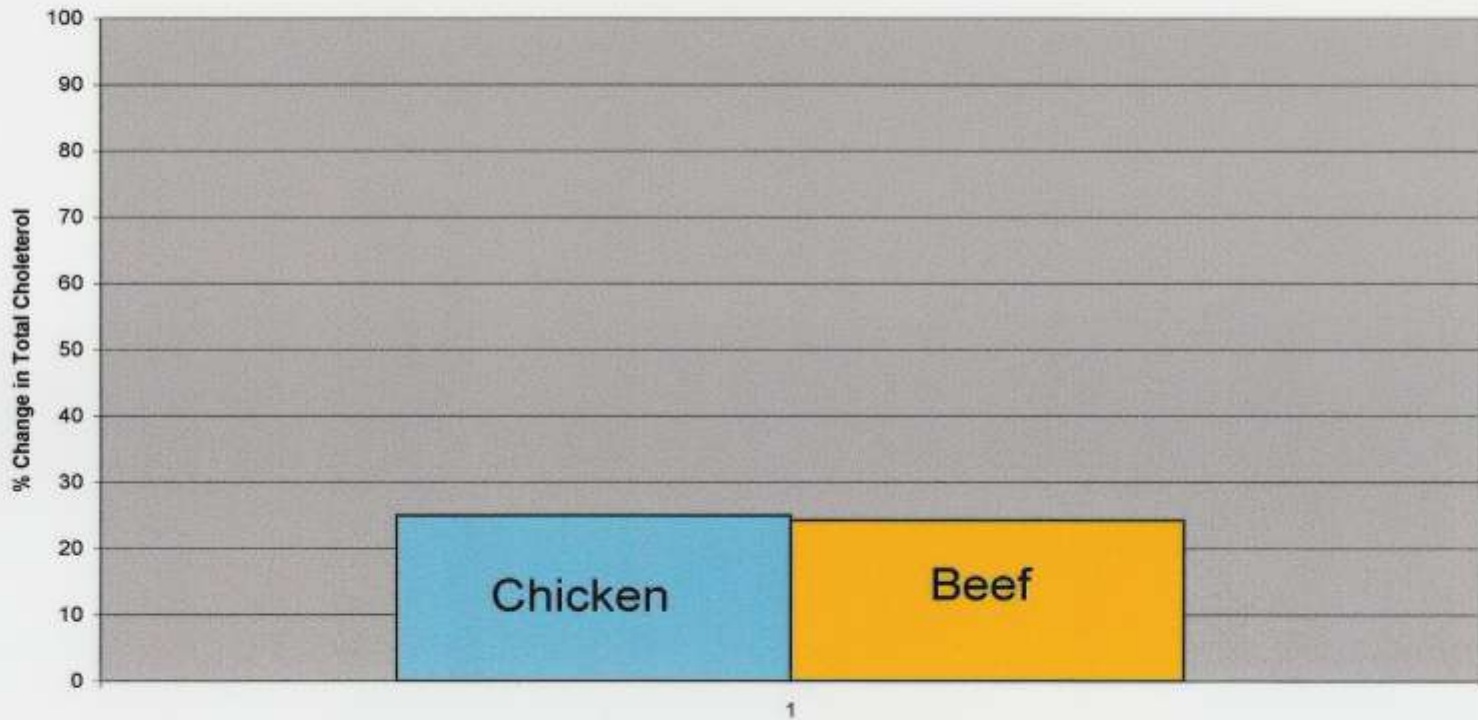
Average Change in Total Cholesterol 1 Month after Dieting on Red Meat



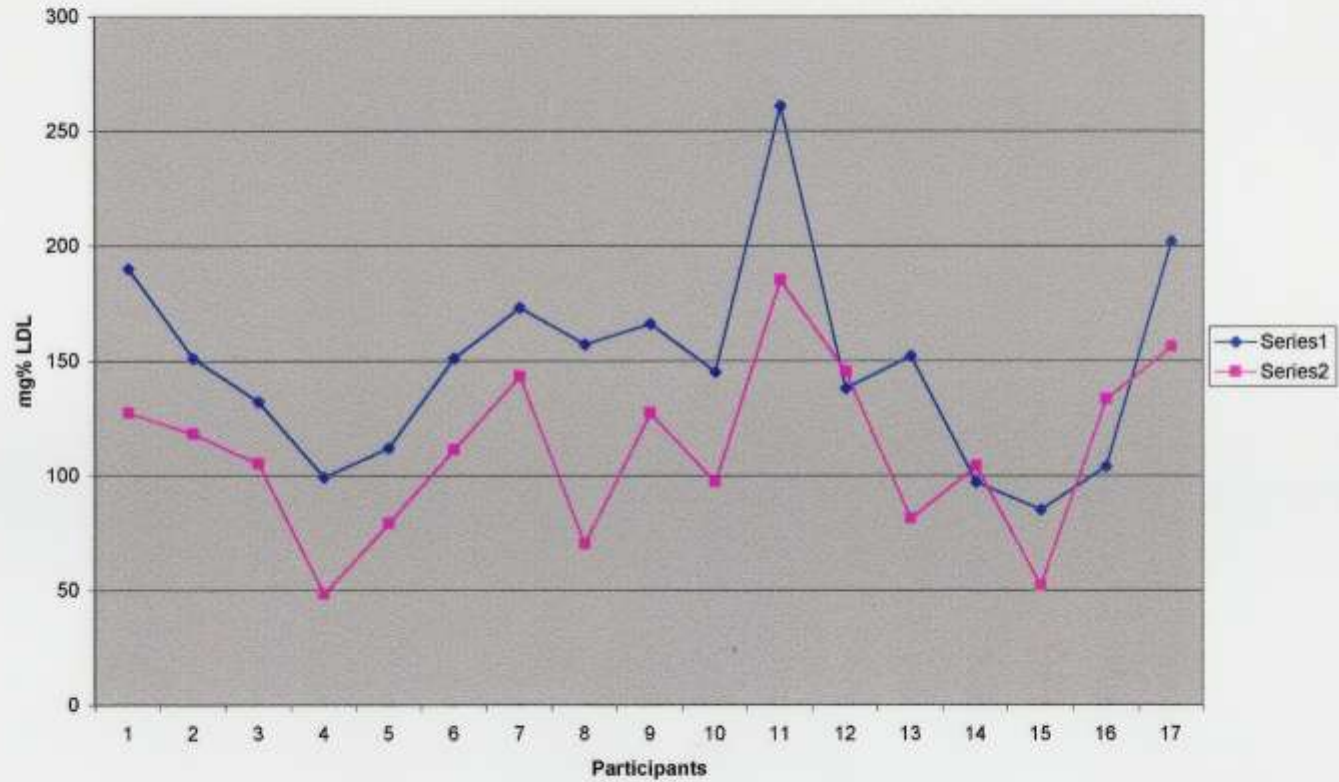
Average Change in Total Cholesterol 1 Month after Dieting on Chicken or Fish



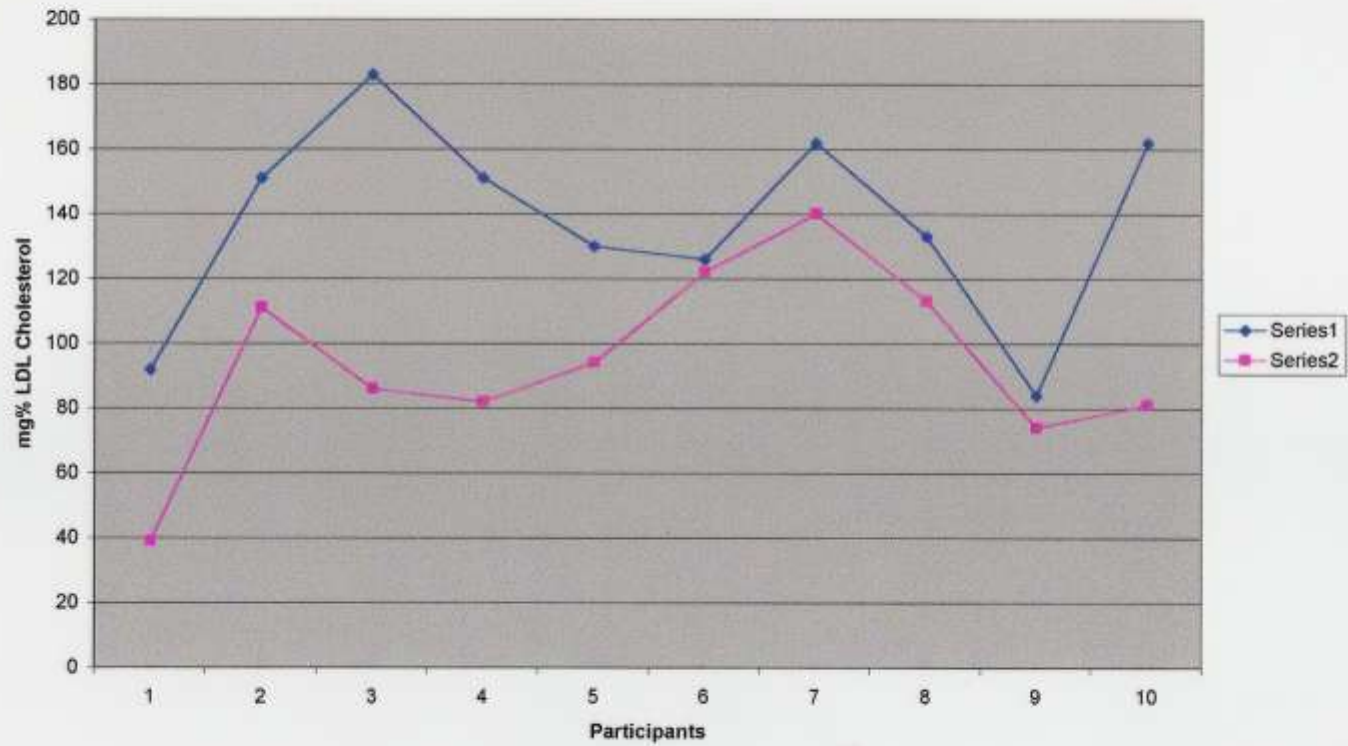
% Change in Total Cholesterol 1 Month after Dieting



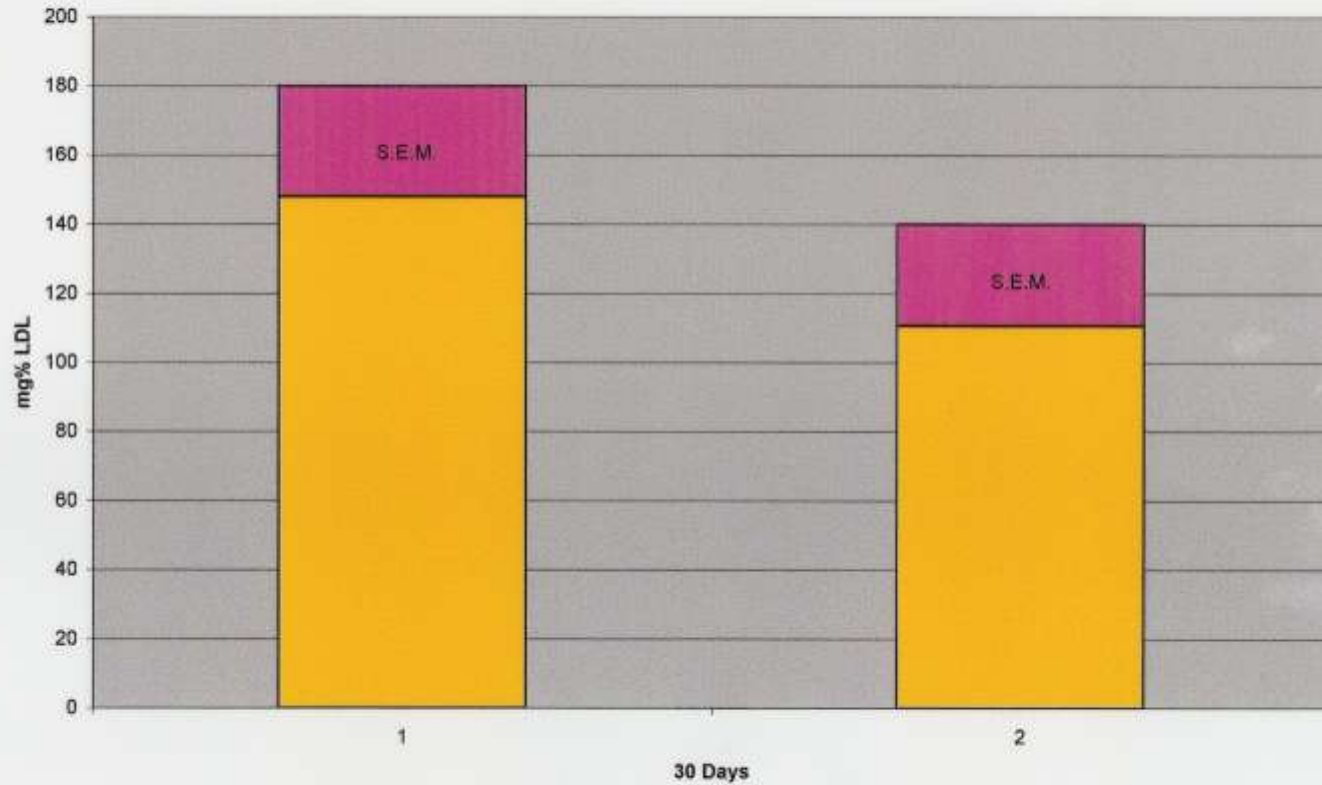
Change in LDL 1 month after Dieting on Red Meat



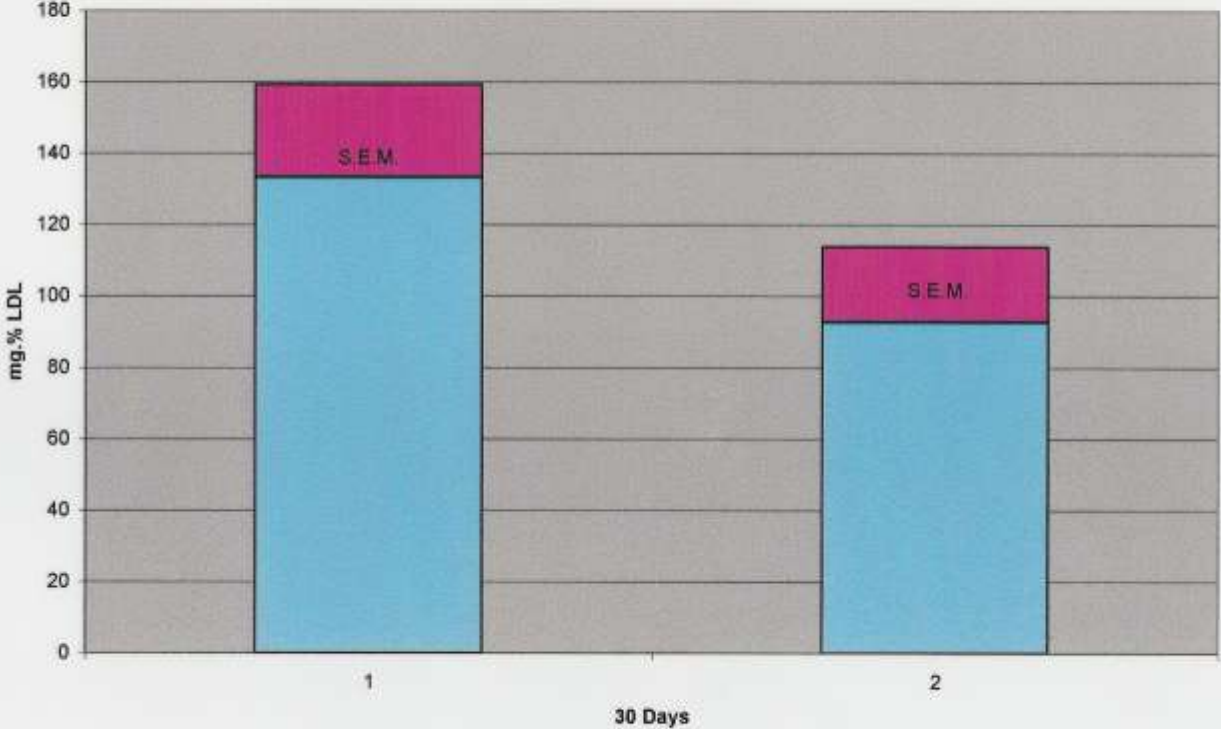
Change in LDL Cholesterol 1 month after Dieting on Chicken or Fish



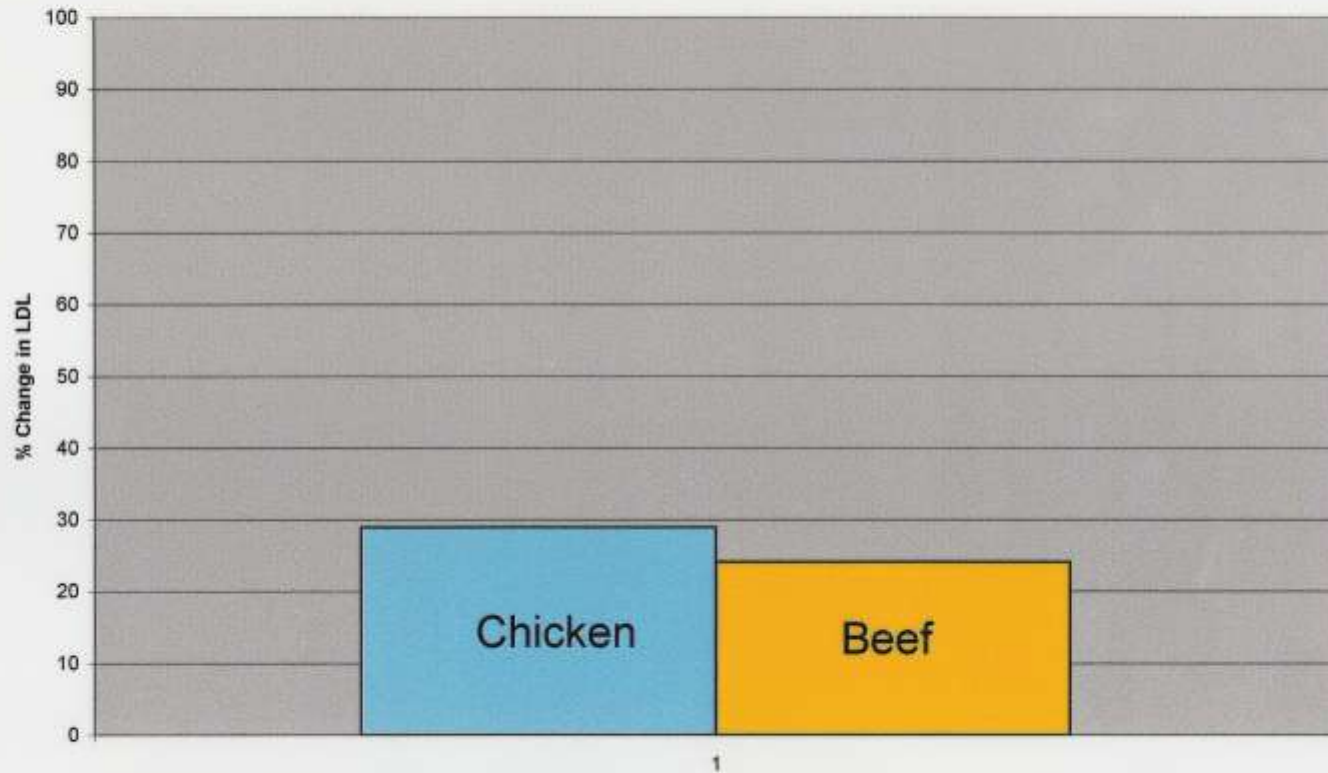
Average Change in LDL 1 Month after Dieting on Red Meat



Average Change in LDL 1 Month after Dieting on Chicken or Fish



% Change in LDL 1 Month After Dieting



Conclusion

In conclusion we find that at the end of 4 weeks there is a significant weight loss and drop in cholesterol and LDL in patients who follow a diet of fruits, vegetables, no added fat and no starch and either beef or chicken and or fish. However there is no significant difference in weight loss or percentage drop in cholesterol and LDL between the beef eating group, versus the chicken and or fish eating group. These findings negate the popular belief that eating beef by itself raises cholesterol and LDL.