Low Carb, High Fat Diets and Cardiovascular Risk (NEW STUDY) Transcript

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Study Overview and Diet Definition

Here's a recent study on low-carb diets and cardiovascular disease. They included 1,525 participants from the UK Biobank cohort, 305 of whom were on Low-Carb, High-Fat diets, defined as less than 100 grams or less 25% of calories from carbs and greater than 45% calories of fat.

So while that is a low carb diet, it's not necessarily a ketogenic diet although some of the participants may have been eating a keto diet. And those on the low carb diet reported eating about 540 less calories per day compared to those who weren't eating low-carb.

Diet Composition and Calorie Intake

And they also ate more animal protein, cholesterol, and less plant protein sugar and alcohol. Saturated fat made up a substantially larger proportion of the Low Carb diets compared the non-low carb diets.

Those on a low carbohydrate diet had significantly higher LDL cholesterol and ApoB levels compared with those not eating Low-Carb and 11.1% of the low-carbors had severely elevated LDL cholesterol levels versus only 6.2% percent of those on a more standard diet.

Higher LDL and ApoB on Low-Carb Diets

And the findings for ApoB were relatively similar. With an average follow-up time of 11,8 years, those with a low carb, high fat diet had over double the risk of having a major cardiovascular event like a heart attack or a stroke compared to those who weren't eating that way.

This was after adjusting for confounding variables like diabetes, BMI, smoking, and high blood pressure.

Cardiovascular Risk Over Follow-Up

Perhaps even more concerning, in those with LDL cholesterol levels over 5 millimoles per liter, which was considered severely elevated, those on the low-carb diet had over a six and a half times higher risk of major cardiovascular events.

And even when the researchers used a stricter cutoff for carbohydrate intake that is more in line with the ketogenic diet, the Low Carb High Fat Diet was still associated with a higher-risk of cardiovascular disease.

or when they removed people with diabetes or those on cholesterol lowering medications, the diet was still associated with higher risk. And they did a number of additional analyses that came to similar conclusions.

Stricter Analyses and Key Takeaways

All in all, this research suggests that low carb, high fat diets can increase the risk of cardiovascular disease, particularly when dominated by animal fat sources and ApoB levels are elevated.

So if eating a low-carb diet, it's likely a much safer bet to focus on unsaturated fats from foods like nuts, seeds and oils, and keeping APO-B levels under control.