

A global food revolution

Andreas Eenfeldt, MD
www.dietdoctor.com
andreas@dietdoctor.com



Disclosures

Run health website DietDoctor.com
funded by optional membership section,
helping people to make low carb simple.

*No industry money,
no ads,
no products.*

3 things

1. The mistake behind the obesity epidemic

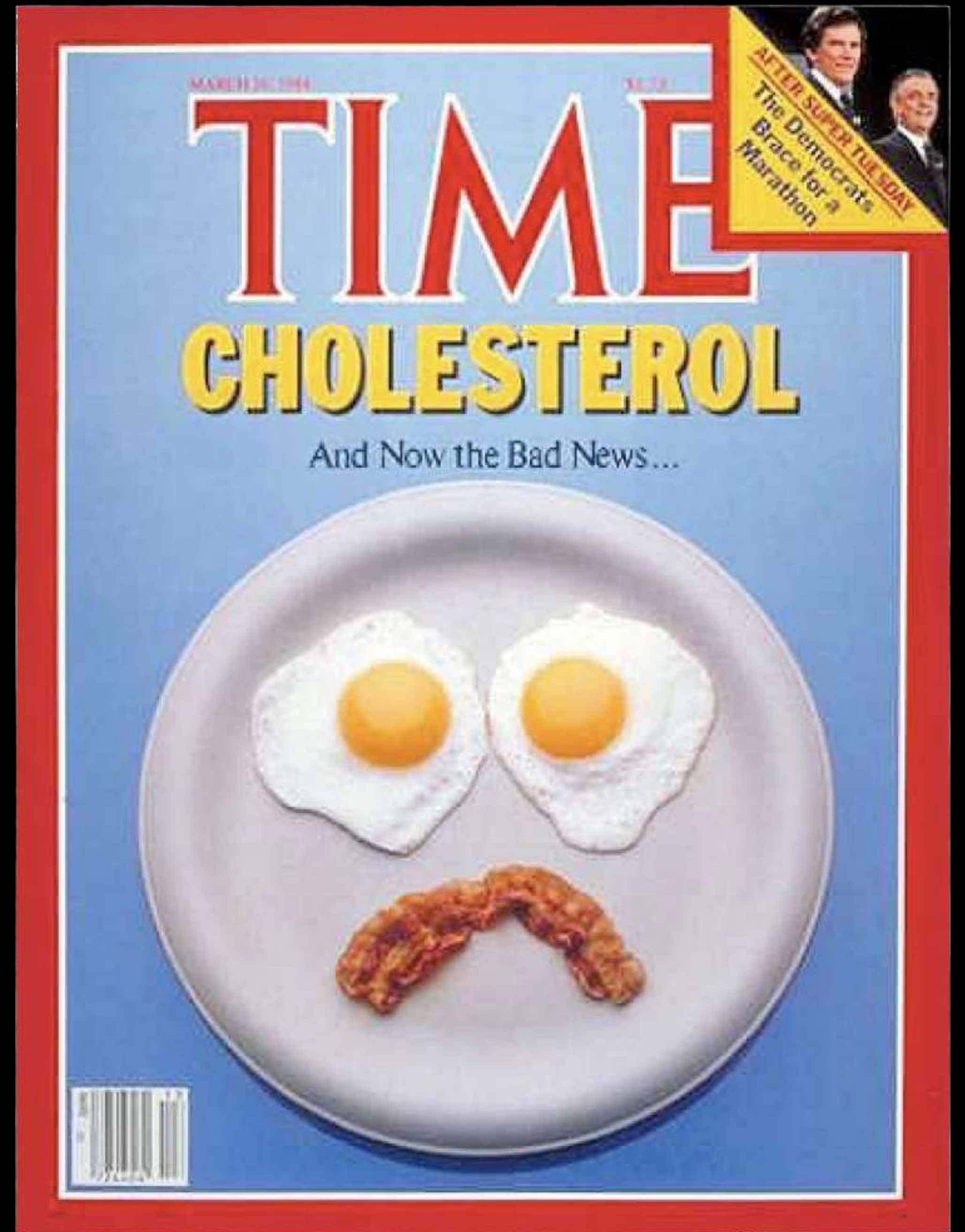
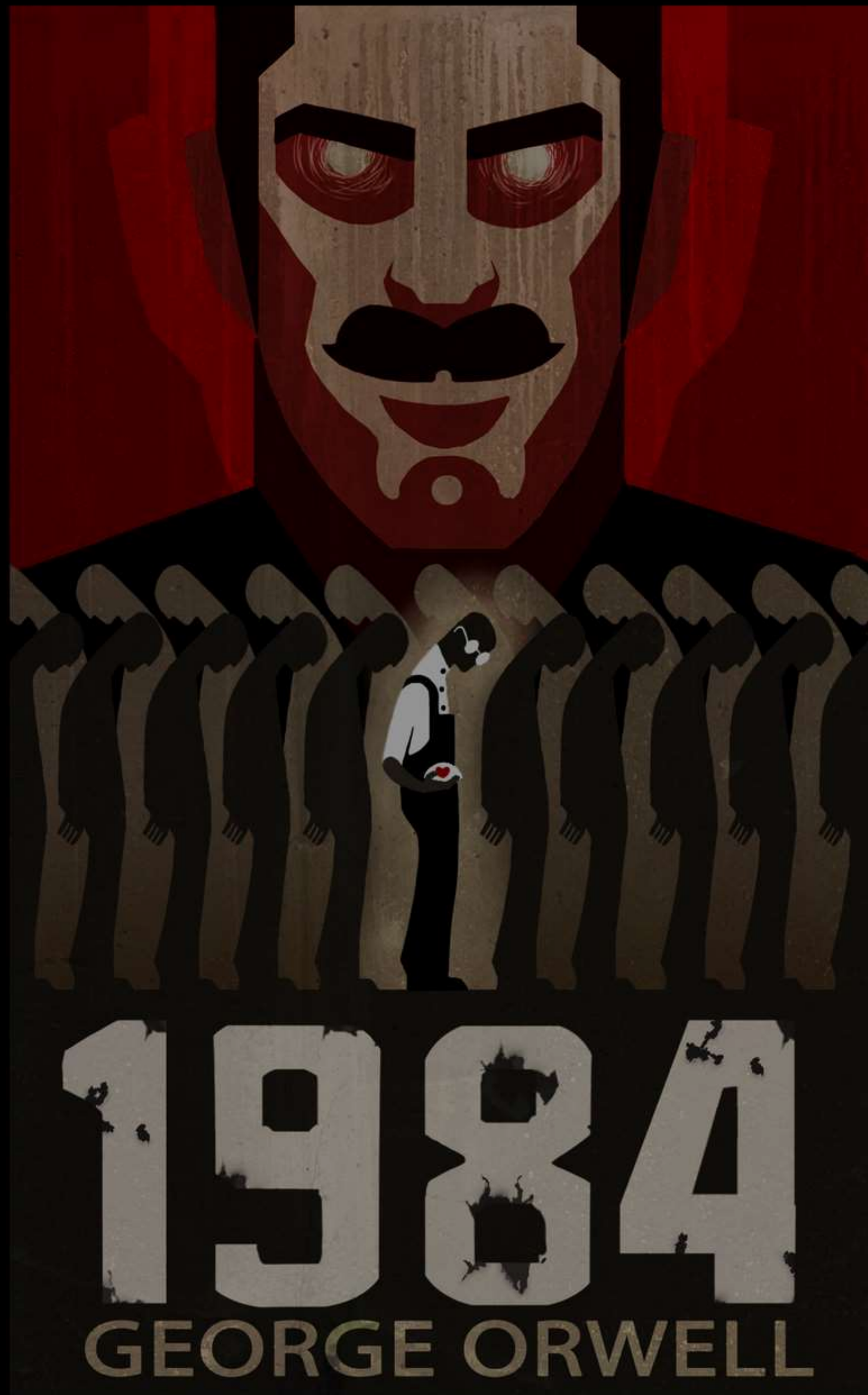
1. The mistake behind the obesity epidemic
- 2. The surprising difficulty of fixing it**

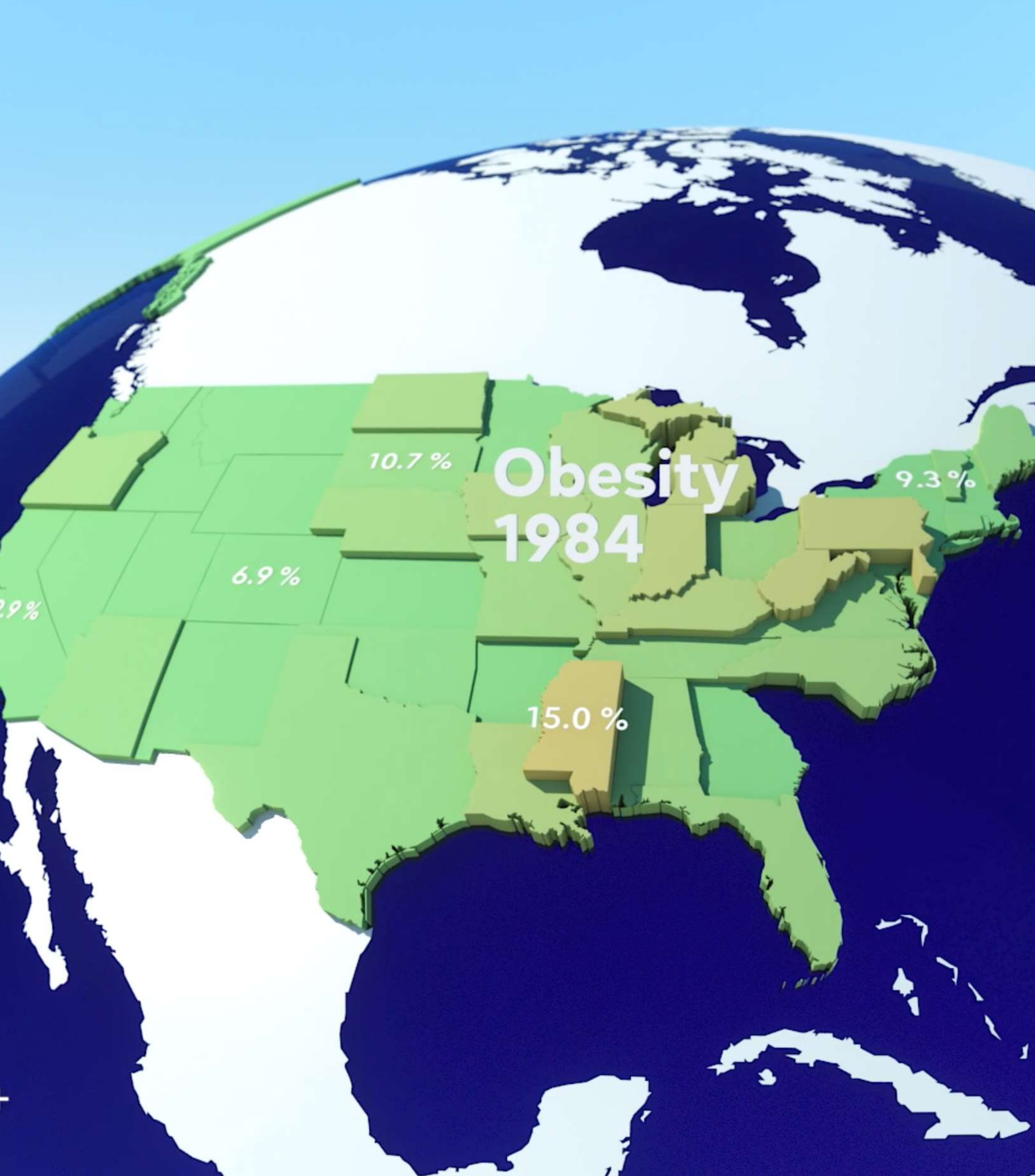
1. The mistake behind the obesity epidemic
2. The surprising difficulty of fixing it
- 3. A possible solution**

- 1. The mistake behind the obesity epidemic**
2. The surprising difficulty of fixing it
3. A possible solution



1984
GEORGE ORWELL



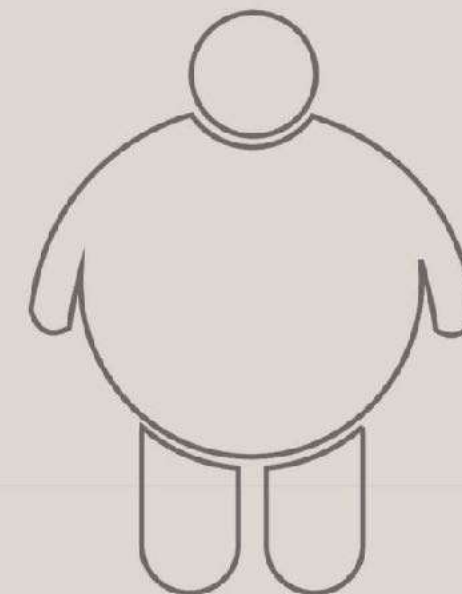
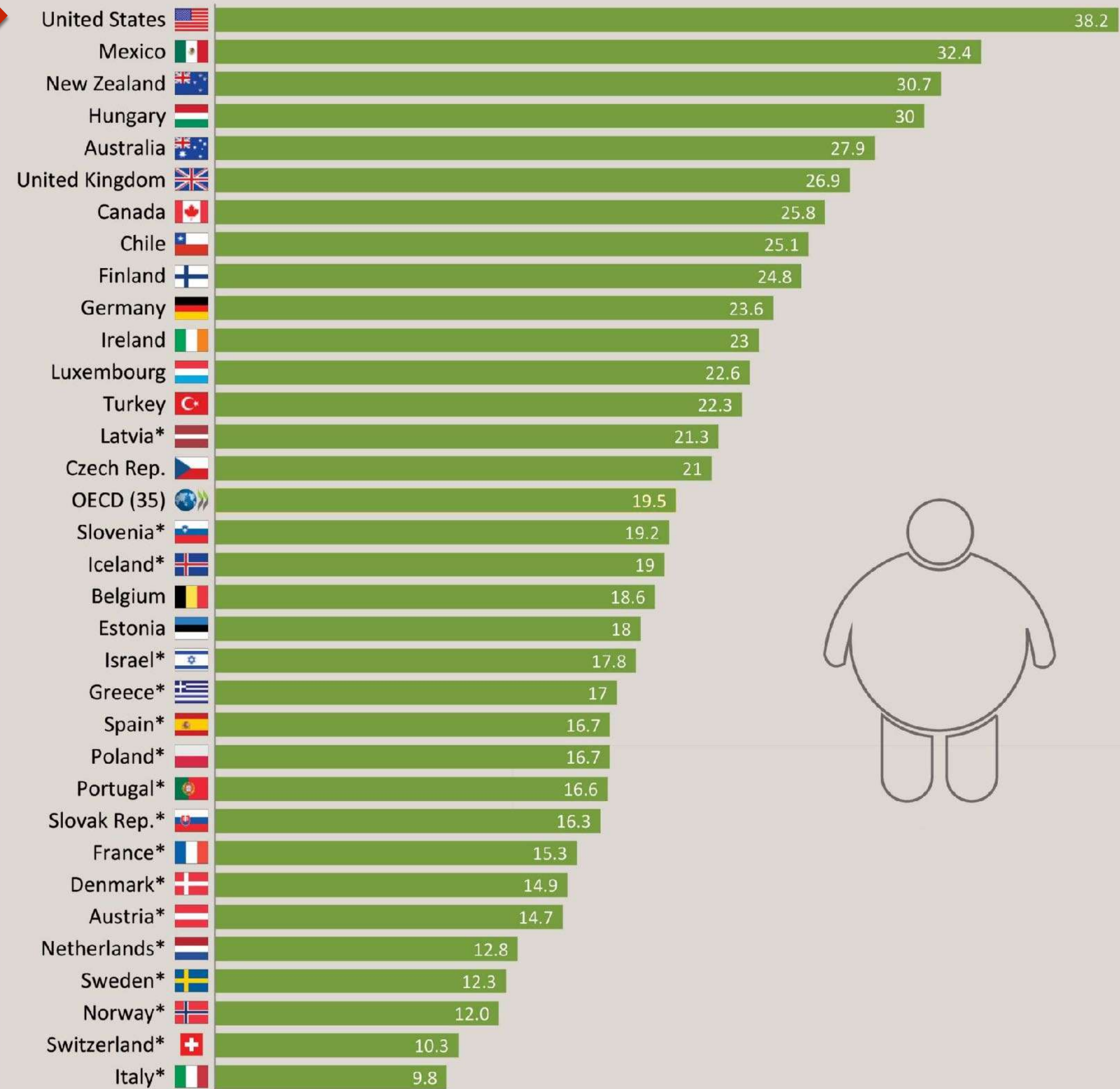






Obesity rates

As % of total adult population (aged 15 years and over), 2015 or nearest year



Note: * means that self-reported height and weight data are used in these countries, while measured data in other countries.

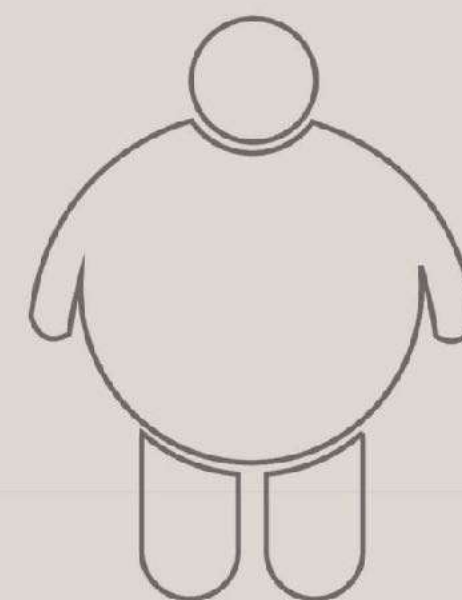
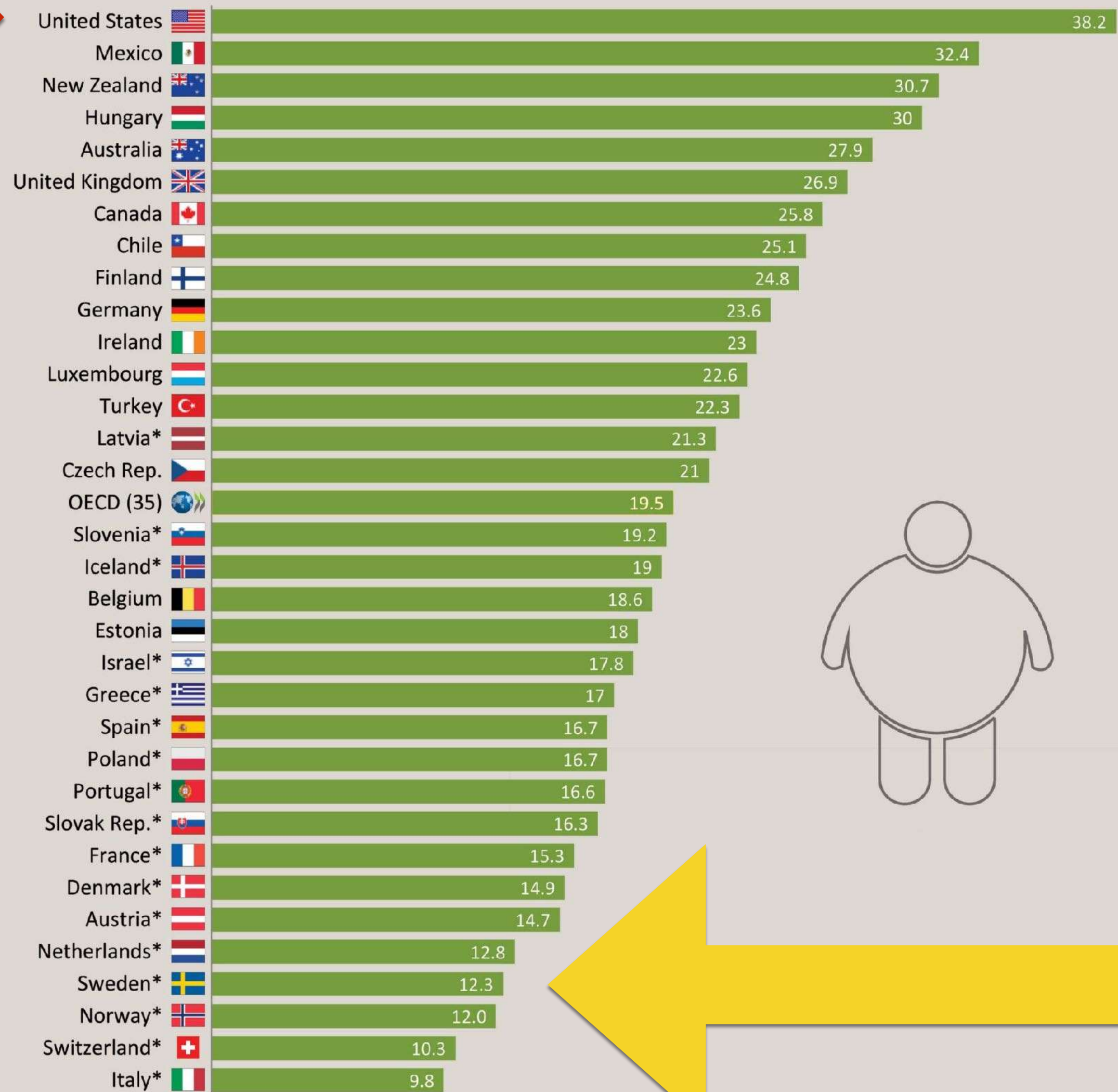
Source: OECD (2017), OECD Health Statistics 2017 (Forthcoming in June 2017).

www.oecd.org/health/obesity-update.htm



Obesity rates

As % of total adult population (aged 15 years and over), 2015 or nearest year



Note: * means that self-reported height and weight data are used in these countries, while measured data in other countries.

Source: OECD (2017), OECD Health Statistics 2017 (Forthcoming in June 2017).

www.oecd.org/health/obesity-update.htm





Obesity 2016

Adults with BMI 30+





1985 30 million

A light green world map with a grid of latitude and longitude lines, serving as a background for the text.

1985 30 million

2017 425 million

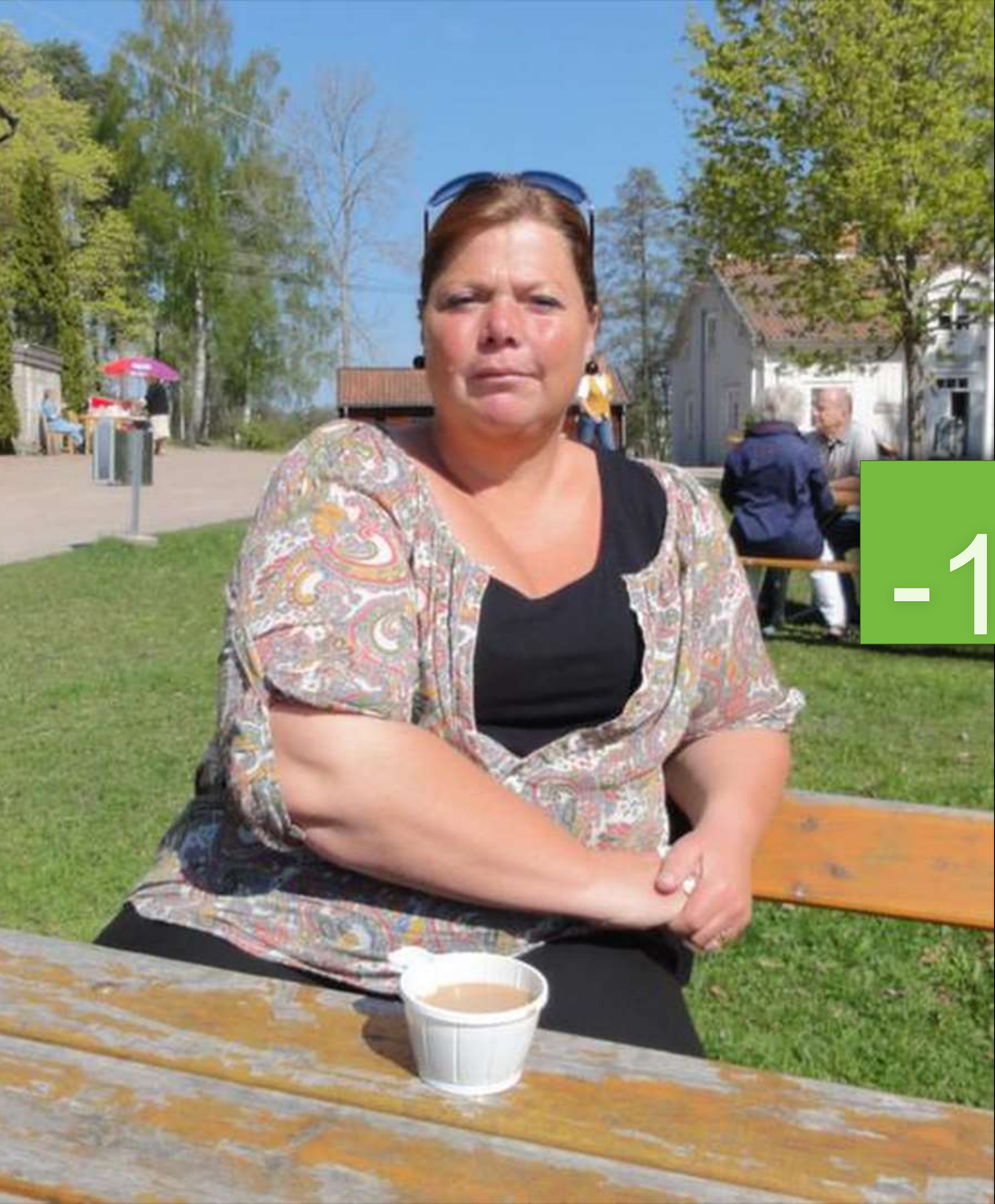
A light green world map is visible in the background, showing the outlines of continents and countries. The map is centered on the Atlantic Ocean.

1985 30 million

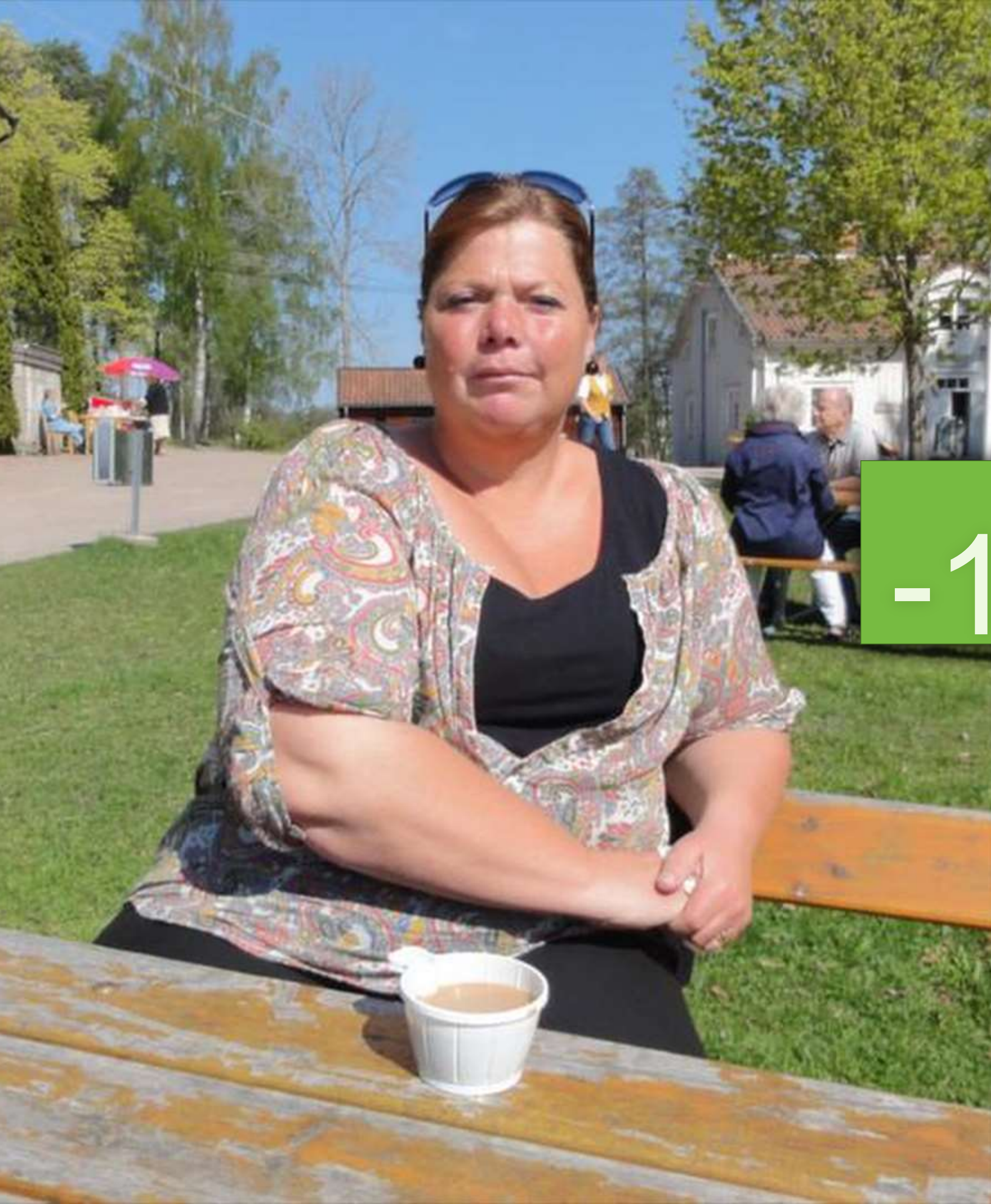
2045 700 million







-112 lbs

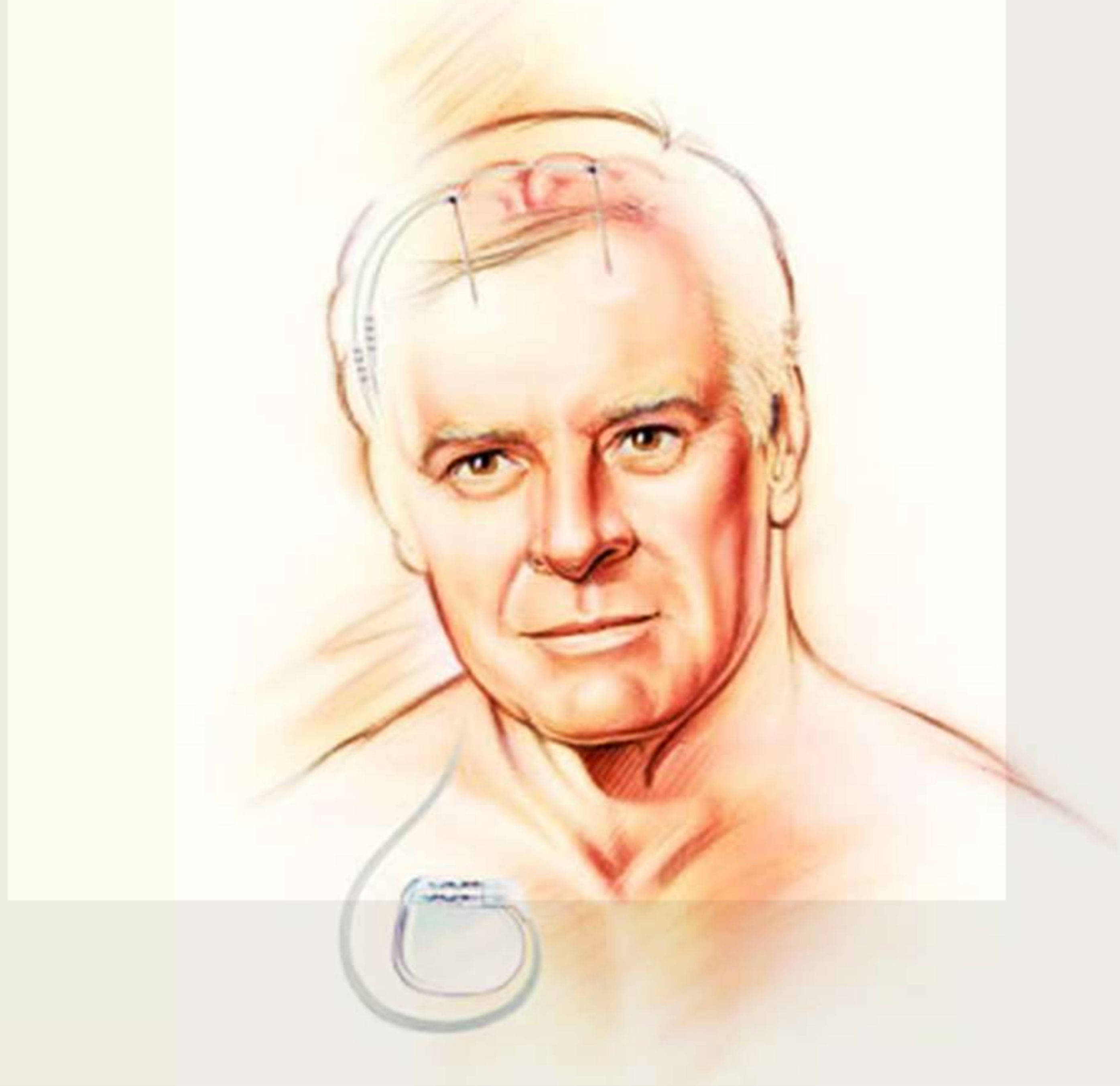


-112 lbs

















RCTs comparing low carb and low fat for weight loss

(with significant results)

1. Shai I, et al. [Weight loss with a low-carbohydrate, mediterranean, or low-fat diet. N Engl J Med 2008;359\(3\);229–41.](#)
2. Gardner CD, et al. [Comparison of the Atkins, Zone, Ornish, and learn Diets for Change in Weight and Related Risk Factors Among Overweight Premenopausal Women. The a to z Weight Loss Study: A Randomized Trial. JAMA. 2007;297:969–977.](#)
3. Brehm BJ, et al. [A Randomized Trial Comparing a Very Low Carbohydrate Diet and a Calorie-Restricted Low Fat Diet on Body Weight and Cardiovascular Risk Factors in Healthy Women. J Clin Endocrinol Metab 2003;88:1617–1623.](#)
4. Samaha FF, et al. [A Low-Carbohydrate as Compared with a Low-Fat Diet in Severe Obesity. N Engl J Med 2003;348:2074–81.](#)
5. Sondike SB, et al. [Effects of a low-carbohydrate diet on weight loss and cardiovascular risk factor in overweight adolescents. J Pediatr. 2003 Mar;142\(3\):253–8.](#)
6. Aude YW, et al. [The National Cholesterol Education Program Diet vs a Diet Lower in Carbohydrates and Higher in Protein and Monounsaturated Fat. A Randomized Trial. Arch Intern Med. 2004;164:2141–2146.](#)
7. Volek JS, et al. [Comparison of energy-restricted very low-carbohydrate and low-fat diets on weight loss and body composition in overweight men and women. Nutrition & Metabolism 2004, 1:13.](#)
8. Yancy WS Jr, et al. [A Low-Carbohydrate, Ketogenic Diet versus a Low-Fat Diet To Treat Obesity and Hyperlipidemia. A Randomized, Controlled Trial. Ann Intern Med. 2004;140:769–777.](#)
9. Nichols-Richardsson SM, et al. [Perceived Hunger Is Lower and Weight Loss Is Greater in Overweight Premenopausal Women Consuming a Low-Carbohydrate/High-Protein vs High-Carbohydrate/Low-Fat Diet. J Am Diet Assoc. 2005;105:1433–1437.](#)
10. Krebs NF, et al. [Efficacy and Safety of a High Protein, Low Carbohydrate Diet for Weight Loss in Severely Obese Adolescents. J Pediatr 2010;157:252-8.](#)
11. Summer SS, et al. [Adiponectin Changes in Relation to the Macronutrient Composition of a Weight-Loss Diet. Obesity \(Silver Spring\). 2011 Mar 31. \[Epub ahead of print\]](#)
12. Daly ME, et al. [Short-term effects of severe dietary carbohydrate-restriction advice in Type 2 diabetes—a randomized controlled trial. Diabet Med. 2006 Jan;23\(1\):15–20.](#)
13. Westman EC, et al. [The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. Nutr. Metab \(Lond.\)2008 Dec 19;5:36.](#)
14. Halyburton AK, et al. [Low- and high-carbohydrate weight-loss diets have similar effects on mood but not cognitive performance. Am J Clin Nutr 2007;86:580–7.](#)
15. Dyson PA, et al. [A low-carbohydrate diet is more effective in reducing body weight than healthy eating in both diabetic and non-diabetic subjects. Diabet Med. 2007 Dec;24\(12\):1430-5.](#)
16. Keogh JB, et al. [Effects of weight loss from a very-low-carbohydrate diet on endothelial function and markers of cardiovascular disease risk in subjects with abdominal obesity. Am J Clin Nutr 2008;87:567–76.](#)
17. Volek JS, et al. [Carbohydrate Restriction has a More Favorable Impact on the Metabolic Syndrome than a Low Fat Diet. Lipids 2009;44:297–309.](#)
18. Partsalaki I, et al. [Metabolic impact of a ketogenic diet compared to a hypocaloric diet in obese children and adolescents. J Pediatr Endocrinol Metab. 2012;25\(7-8\):697-704.](#)



***Public Health
Collaboration***

*Informing
Healthy
Decisions*

***Weight Loss Results From All Published
Randomised Controlled Trials (RCTs)
Between Low-Carb & Low-Fat Diets***



***Public Health
Collaboration***

*Informing
Healthy
Decisions*

***Weight Loss Results From All Published
Randomised Controlled Trials (RCTs)
Between Low-Carb & Low-Fat Diets***

31 - 0

Science

Home > Science

Low-carb diets 'no better' than traditional focus on fat



23

Last week:



University of Stanford researchers analysed 609 dieters CREDIT: GARETH FULLER



**Public Health
Collaboration**

*Informing
Healthy
Decisions*

*Weight Loss Results From All Published
Randomised Controlled Trials (RCTs)
Between Low-Carb & Low-Fat Diets*

31 ⁽³⁰⁾ **-** **0**



**Public Health
Collaboration**

*Informing
Healthy
Decisions*

*Weight Loss Results From All Published
Randomised Controlled Trials (RCTs)
Between Low-Carb & Low-Fat Diets*

31 ⁽³¹⁾ **- 0**

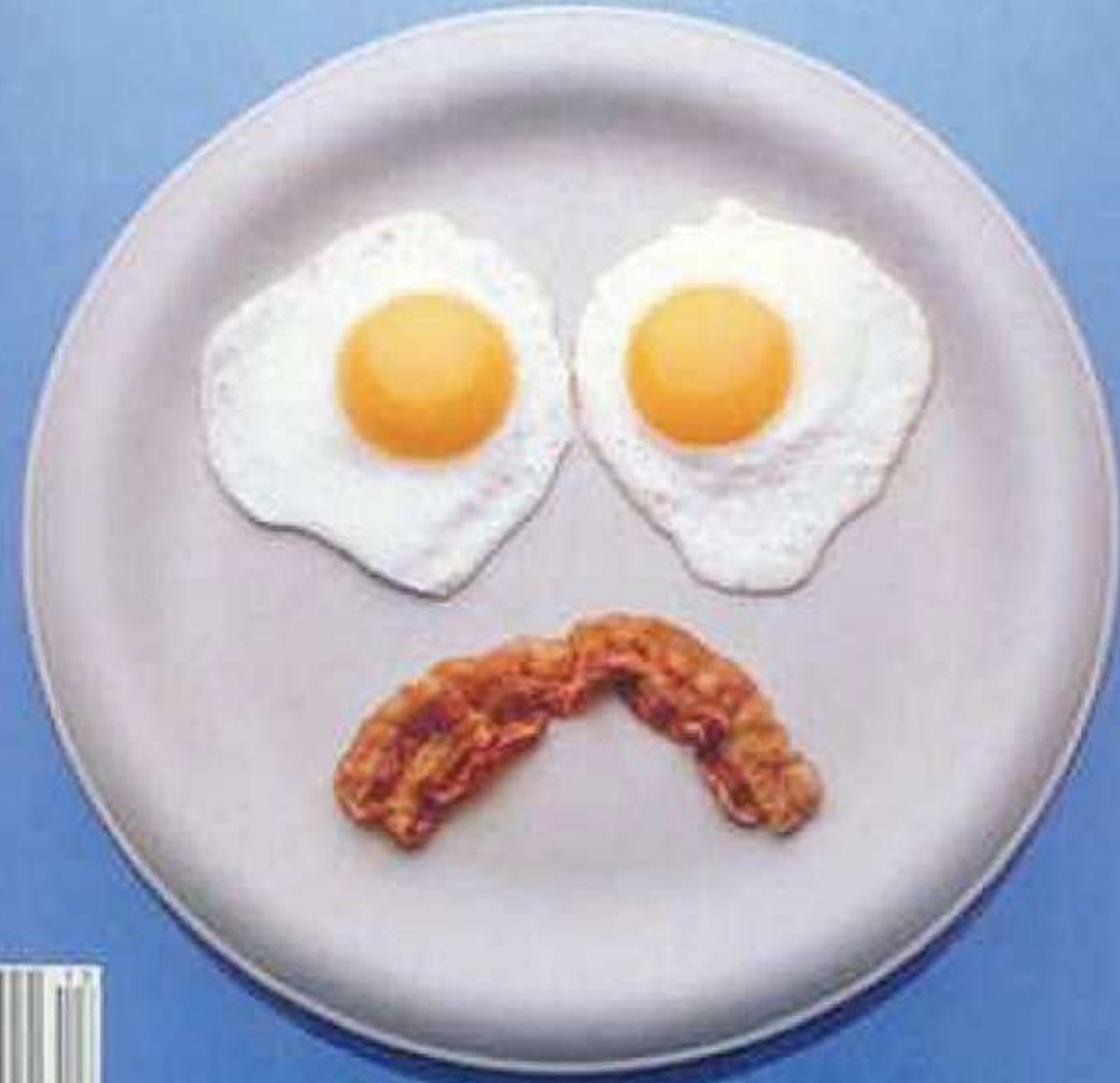
MARCH 20, 1994

\$3.75

TIME

CHOLESTEROL

And Now the Bad News...



AFTER SUPER TUESDAY
The Democrats
Brace for a
Marathon



2010:

”...no significant evidence for concluding that dietary saturated fat is associated with an increased risk of CHD or CVD.”

Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease¹⁻⁵

Patty W Siri-Tarino, Qi Sun, Frank B Hu, and Ronald M Krauss

ABSTRACT

Background: A reduction in dietary saturated fat has generally been thought to improve cardiovascular health.

Objective: The objective of this meta-analysis was to summarize the evidence related to the association of dietary saturated fat with risk of coronary heart disease (CHD), stroke, and cardiovascular disease (CVD; CHD inclusive of stroke) in prospective epidemiologic studies.

Design: Twenty-one studies identified by searching MEDLINE and EMBASE databases and secondary referencing qualified for inclusion in this study. A random-effects model was used to derive composite relative risk estimates for CHD, stroke, and CVD.

Results: During 5–23 y of follow-up of 347,747 subjects, 11,006 developed CHD or stroke. Intake of saturated fat was not associated with an increased risk of CHD, stroke, or CVD. The pooled relative risk estimates that compared extreme quantiles of saturated fat intake were 1.07 (95% CI: 0.96, 1.19; $P = 0.22$) for CHD, 0.81 (95% CI: 0.62, 1.05; $P = 0.11$) for stroke, and 1.00 (95% CI: 0.89, 1.11; $P = 0.95$) for CVD. Consideration of age, sex, and study quality did not change the results.

Conclusions: A meta-analysis of prospective epidemiologic studies showed that there is no significant evidence for concluding that dietary saturated fat is associated with an increased risk of CHD or CVD. More data are needed to elucidate whether CVD risks are likely to be influenced by the specific nutrients used to replace saturated fat. *Am J Clin Nutr* doi: 10.3945/ajcn.2009.27725.

INTRODUCTION

fat to saturated fat (P:S), a hypothesis supported by a recent pooling analysis conducted by Jakobsen et al (24).

The goal of this study was to conduct a meta-analysis of well-designed prospective epidemiologic studies to estimate the risk of CHD and stroke and a composite risk score for both CHD and stroke, or total cardiovascular disease (CVD), that was associated with increased dietary intakes of saturated fat. Large prospective cohort studies can provide statistical power to adjust for covariates, thereby enabling the evaluation of the effects of a specific nutrient on disease risk. However, such studies have caveats, including a reliance on nutritional assessment methods whose validity and reliability may vary (25), the assumption that diets remain similar over the long term (26) and variable adjustment for covariates by different investigators. Nonetheless, a summary evaluation of the epidemiologic evidence to date provides important information as to the basis for relating dietary saturated fat to CVD risk.

SUBJECTS AND METHODS

Study selection

Two investigators (QS and PS-T) independently conducted a systematic literature search of the MEDLINE (<http://www.ncbi.nlm.nih.gov/pubmed/>) and EMBASE (<http://www.embase.com>) databases through 17 September 2009 by using the following search terms: (“saturated fat” or “dietary fat”) and (“coronary” or “cardiovascular” or “stroke”) and (“cohort” or “follow up”).

2017:

REVIEW

Open Access



The effect of replacing saturated fat with mostly n-6 polyunsaturated fat on coronary heart disease: a meta-analysis of randomised controlled trials

Steven Hamley

Abstract

Background: A cornerstone of conventional dietary advice is the recommendation to replace saturated fatty acids (SFA) with mostly n-6 polyunsaturated fatty acids (PUFA) to reduce the risk of coronary heart disease (CHD). Many clinical trials aimed to test this advice and have had their results pooled in several meta-analyses. However, earlier meta-analyses did not sufficiently account for major confounding variables that were present in some of those trials. Therefore, the aim of the study was to account for the major confounding variables in the diet heart trials, and emphasise the results from those trials that most accurately test the effect of replacing SFA with mostly n-6 PUFA.

Design: Clinical trials were identified from earlier meta-analyses. Relevant trials were categorised as 'adequately controlled' or 'inadequately controlled' depending on whether there were substantial dietary or non-dietary differences between the experimental and control groups that were not related to SFA or mostly n-6 PUFA intake, then were subject to different subgroup analyses.

Results: When pooling results from only the adequately controlled trials there was no effect for major CHD events (RR = 1.06, CI = 0.86–1.31), total CHD events (RR = 1.02, CI = 0.84–1.23), CHD mortality (RR = 1.13, CI = 0.91–1.40) and total mortality (RR = 1.07, CI = 0.90–1.26). Whereas, the pooled results from all trials, including the inadequately controlled trials, suggested that replacing SFA with mostly n-6 PUFA would significantly reduce the risk of total CHD events (RR = 0.80, CI = 0.65–0.98, $P = 0.03$), but not major CHD events (RR = 0.87, CI = 0.70–1.07), CHD mortality (RR = 0.90, CI = 0.70–1.17) and total mortality (RR = 1.00, CI = 0.90–1.10).

Conclusion: Available evidence from adequately controlled randomised controlled trials suggest replacing SFA with mostly n-6 PUFA is unlikely to reduce CHD events, CHD mortality or total mortality. The suggestion of benefits reported in earlier meta-analyses is due to the inclusion of inadequately controlled trials. These findings have implications for current dietary recommendations.

Keywords: Saturated fat, Polyunsaturated fat, Omega 6, Diet heart hypothesis, Coronary heart disease, Clinical trial, Randomised controlled trial, Meta-analysis

2017:

”...replacing SFA with mostly n-6 PUFA is **unlikely to reduce CHD events, CHD mortality or total mortality...**
These findings have implications for current dietary recommendations.

Hamley Nutrition Journal (2017) 16:30
DOI 10.1186/s12937-017-0254-5

Nutrition Journal

REVIEW

Open Access

Abstract

Background: A cornerstone of conventional dietary advice is the recommendation to replace saturated fatty acids (SFA) with mostly n-6 polyunsaturated fatty acids (PUFA) to reduce the risk of coronary heart disease (CHD). Many clinical trials aimed to test this advice and have had their results pooled in several meta-analyses. However, earlier meta-analyses did not sufficiently account for major confounding variables that were present in some of those trials. Therefore, the aim of the study was to account for the major confounding variables in the diet heart trials, and emphasise the results from those trials that most accurately test the effect of replacing SFA with mostly n-6 PUFA.

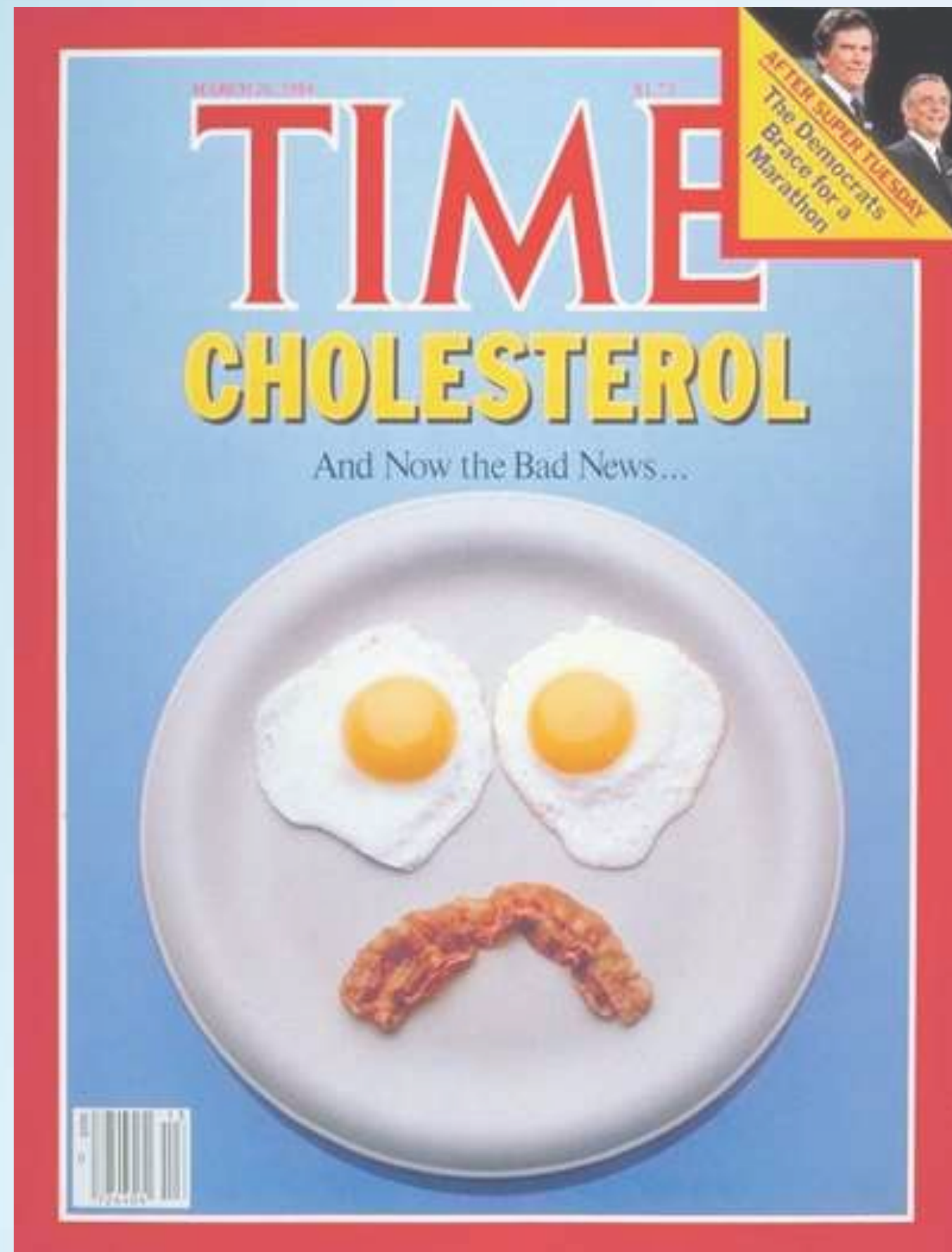
Design: Clinical trials were identified from earlier meta-analyses. Relevant trials were categorised as ‘adequately controlled’ or ‘inadequately controlled’ depending on whether there were substantial dietary or non-dietary differences between the experimental and control groups that were not related to SFA or mostly n-6 PUFA intake, then were subject to different subgroup analyses.

Results: When pooling results from only the adequately controlled trials there was no effect for major CHD events (RR = 1.06, CI = 0.86–1.31), total CHD events (RR = 1.02, CI = 0.84–1.23), CHD mortality (RR = 1.13, CI = 0.91–1.40) and total mortality (RR = 1.07, CI = 0.90–1.26). Whereas, the pooled results from all trials, including the inadequately controlled trials, suggested that replacing SFA with mostly n-6 PUFA would significantly reduce the risk of total CHD events (RR = 0.80, CI = 0.65–0.98, $P = 0.03$), but not major CHD events (RR = 0.87, CI = 0.70–1.07), CHD mortality (RR = 0.90, CI = 0.70–1.17) and total mortality (RR = 1.00, CI = 0.90–1.10).

Conclusion: Available evidence from adequately controlled randomised controlled trials suggest replacing SFA with mostly n-6 PUFA is unlikely to reduce CHD events, CHD mortality or total mortality. The suggestion of benefits reported in earlier meta-analyses is due to the inclusion of inadequately controlled trials. These findings have implications for current dietary recommendations.

Keywords: Saturated fat, Polyunsaturated fat, Omega 6, Diet heart hypothesis, Coronary heart disease, Clinical trial, Randomised controlled trial, Meta-analysis

Paradigmskifte



- 1. The mistake behind the obesity epidemic**
2. The surprising difficulty of fixing it
3. A possible solution

1. The mistake behind the obesity epidemic
- 2. The surprising difficulty of fixing it**
3. A possible solution

Last year:

Health

Coconut oil 'as unhealthy as beef fat and butter'

🕒 4 hours ago | Health

[f](#) [🐦](#) [💬](#) [✉](#) [Share](#)



MAGONE/GETTY

Coconut oil is as unhealthy as beef dripping and butter, say US heart experts.

It is packed with saturated fat which can raise "bad" cholesterol, says the American Heart Association in **updated advice**.

Science

Home > Science

Low-carb diets 'no better' than traditional focus on fat

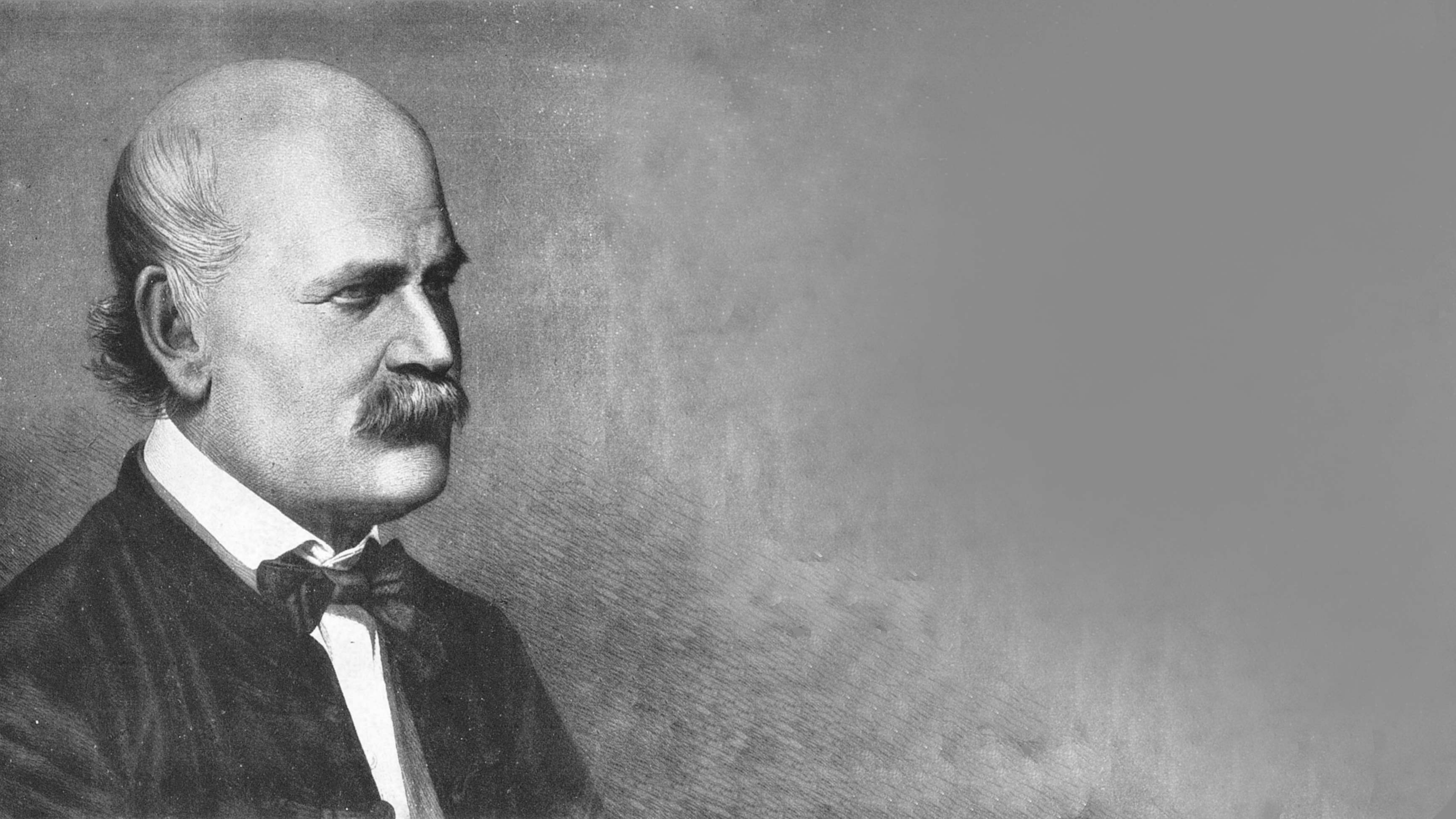


23



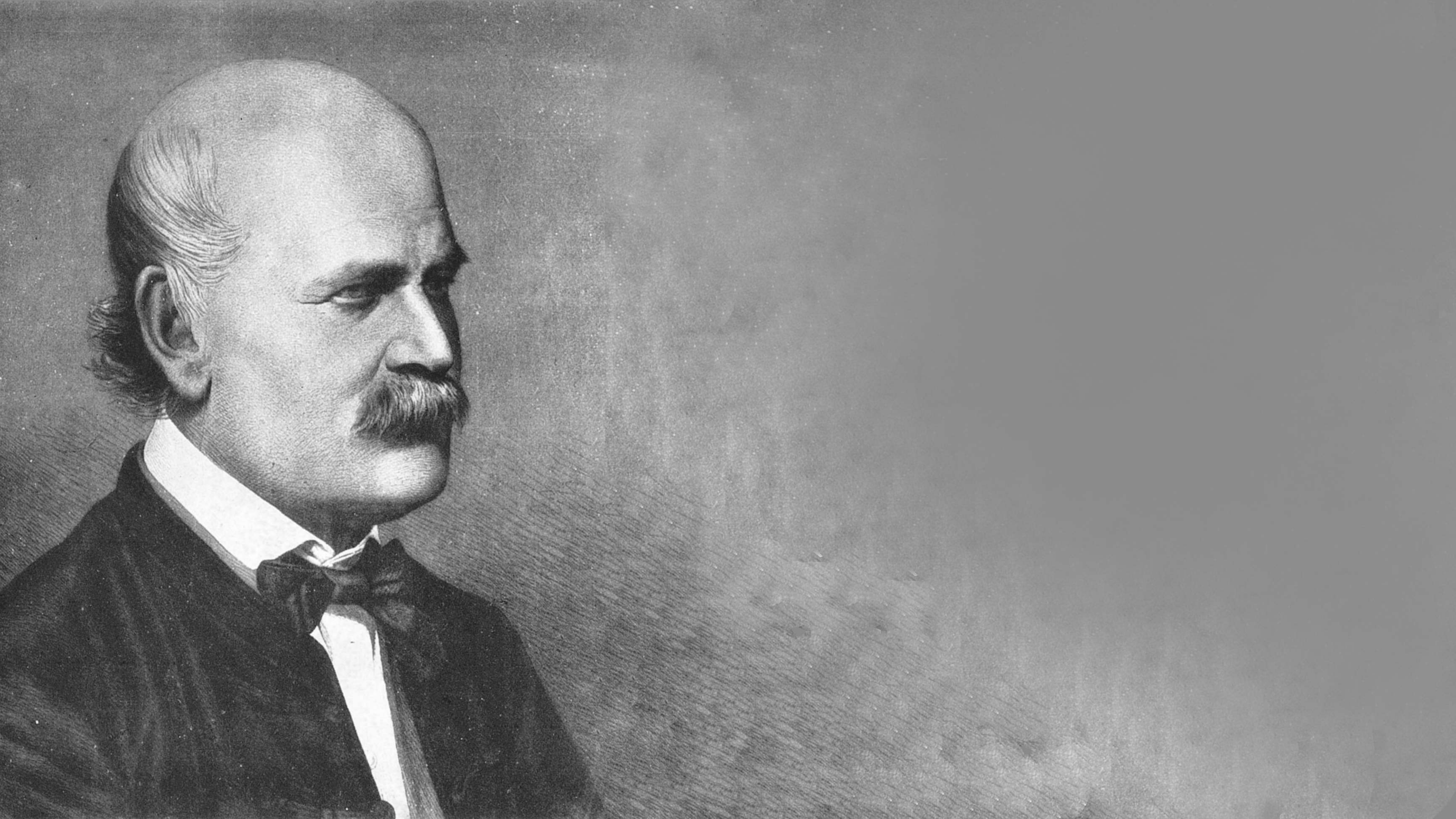
University of Stanford researchers analysed 609 dieters CREDIT: GARETH FULLER

Last week:





Ignaz Semmelweis



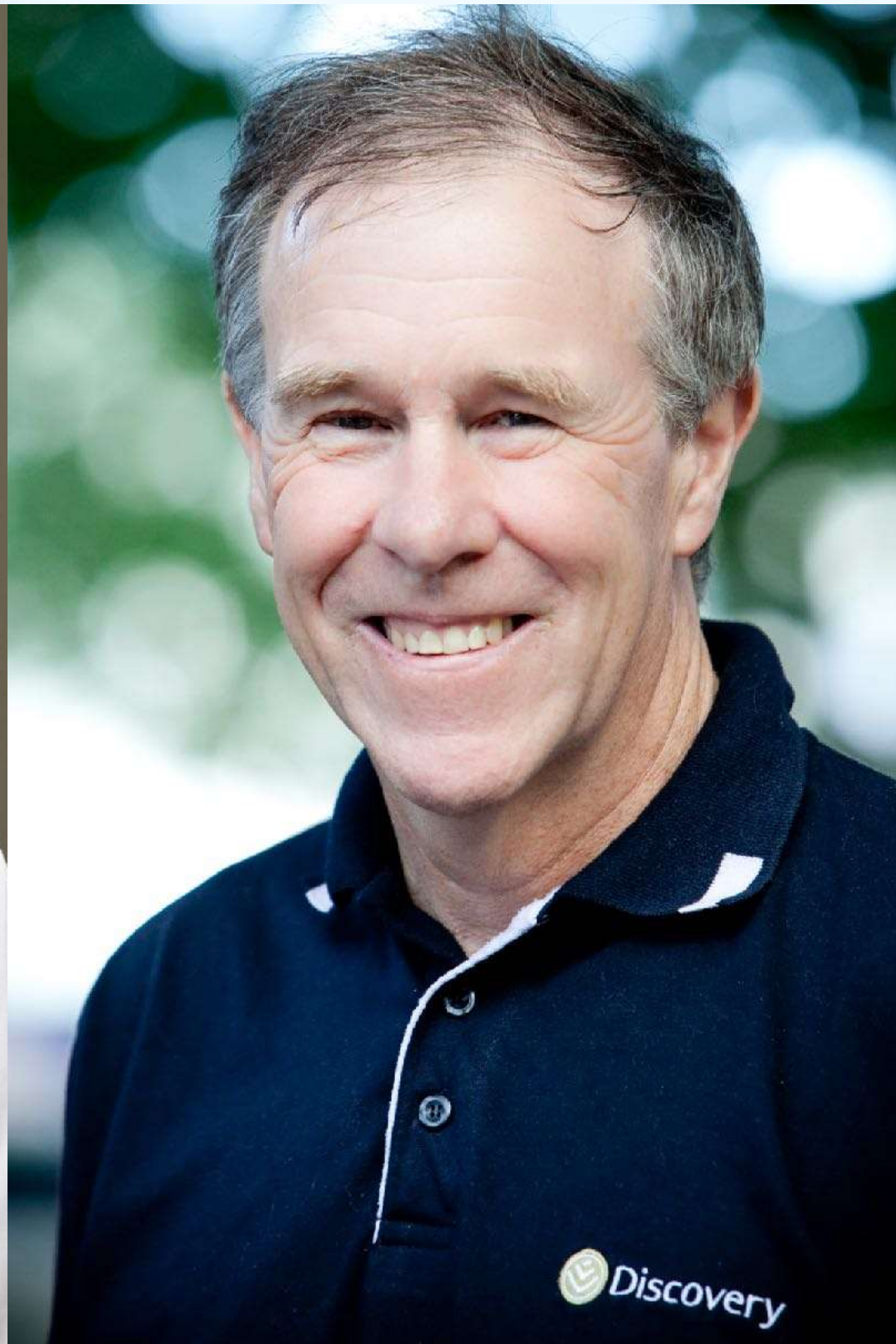
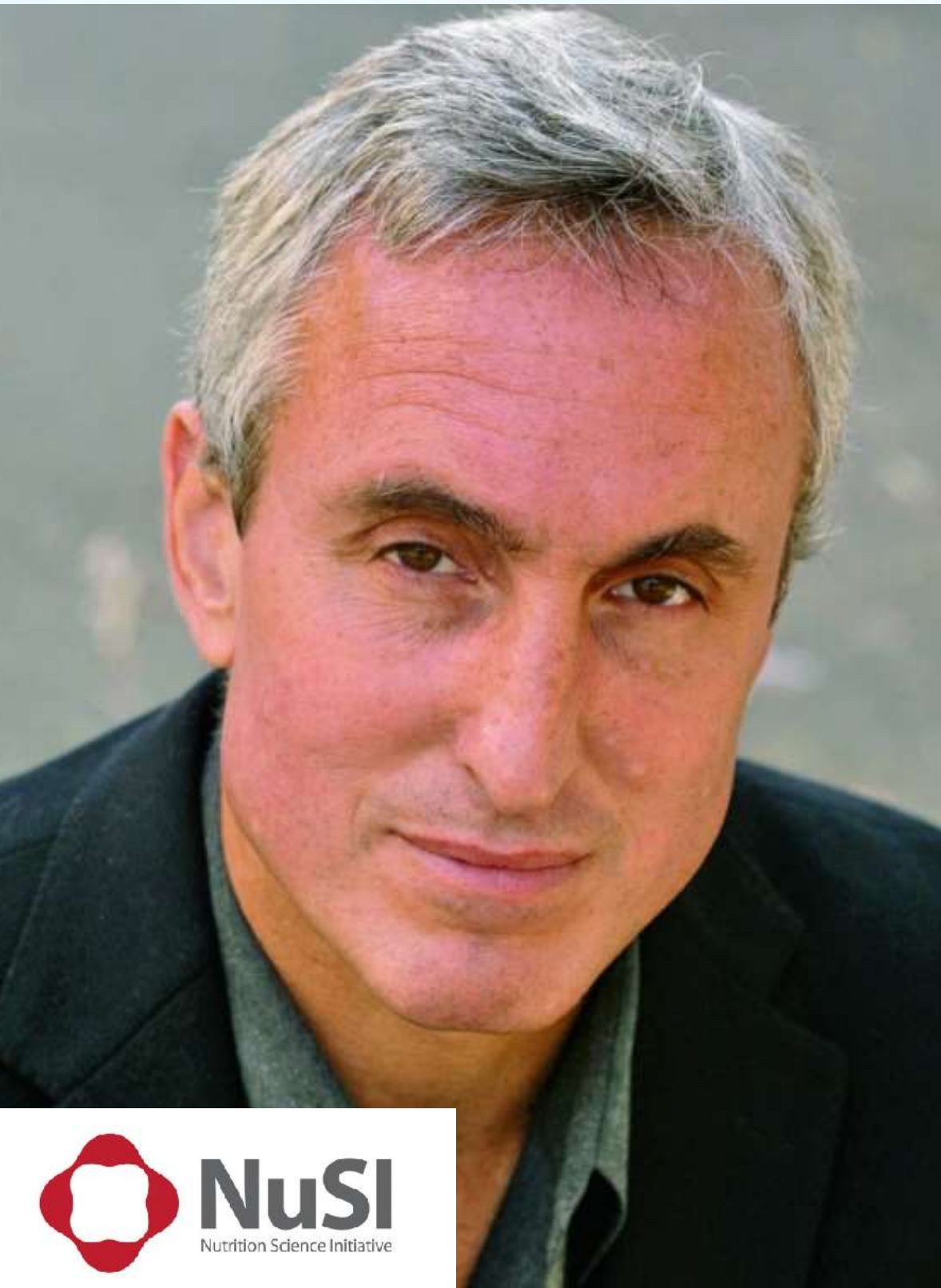


”A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather **because its opponents eventually die**, and a new generation grows up that is familiar with it.”

– Max Planck
Nobel prize winning physicist



Waiting for 2030 - 2050?







Unilever



GlaxoSmithKline

1. The mistake behind the obesity epidemic
- 2. The surprising difficulty of fixing it**
3. A possible solution

1. The mistake behind the obesity epidemic
2. The surprising difficulty of fixing it
- 3. A possible solution**

How to
empower people everywhere
to revolutionize their health

- Victor Hugo



“All the forces in the world are
not so powerful...”

- Victor Hugo



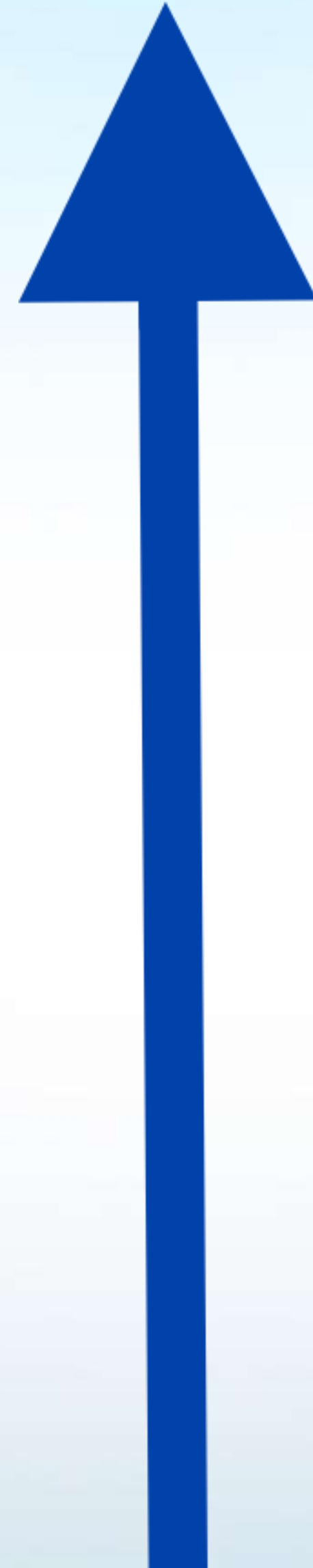
“All the forces in the world are not so powerful as an **idea** whose time has come.”

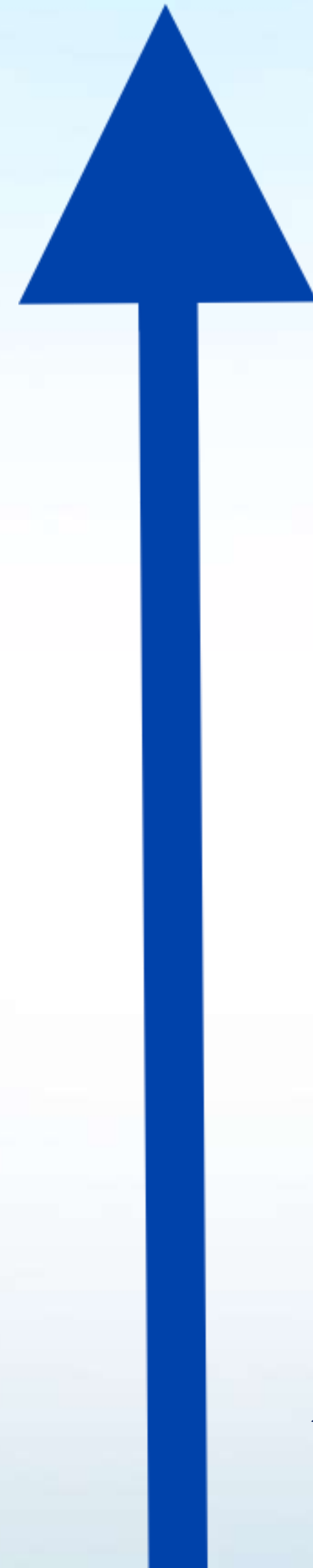


Unilever



GlaxoSmithKline





How do we fuel this?



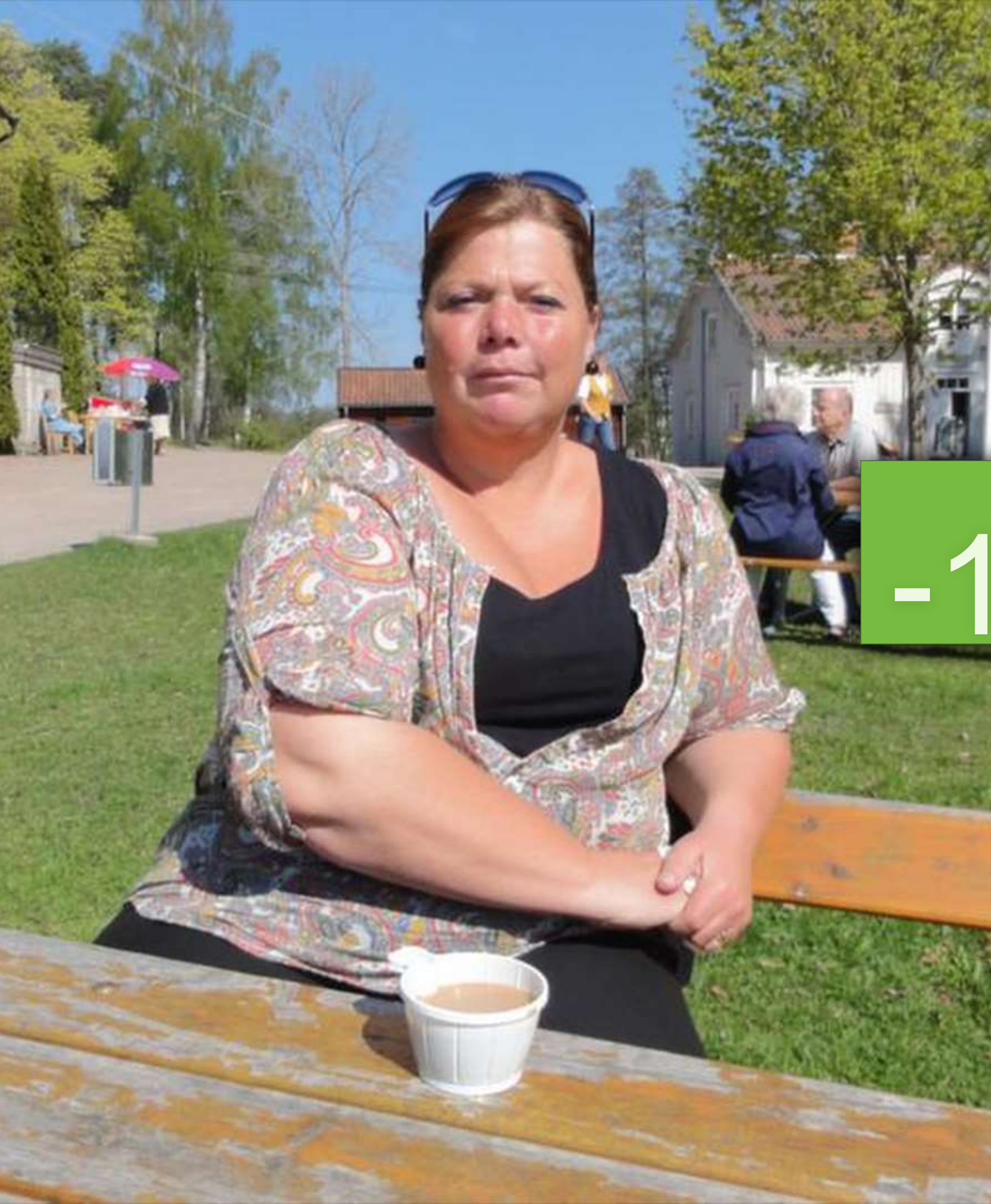


***Public Health
Collaboration***

*Informing
Healthy
Decisions*

***Weight Loss Results From All Published
Randomised Controlled Trials (RCTs)
Between Low-Carb & Low-Fat Diets***

31 - 0



-112 lbs



500 stories





1. Provide everything that people (and their doctors) need to make low carb simple

2.

3.

4.

5.

1. Provide everything that people (and their doctors) need to make low carb simple

2. Make the organization trustworthy

3.

4.

5.

1. Provide everything that people (and their doctors) need to make low carb simple

2. Make the organization trustworthy

3. Make low carb inspiring and delicious

4.

5.

1. Provide everything that people (and their doctors) need to make low carb simple
2. Make the organization trustworthy
3. Make low carb inspiring and delicious
4. Put everything people need online for free
- 5.

1. Provide everything that people (and their doctors) need to make low carb simple
2. Make the organization trustworthy
3. Make low carb inspiring and delicious
4. Put everything people need online for free
5. Translate to every major language

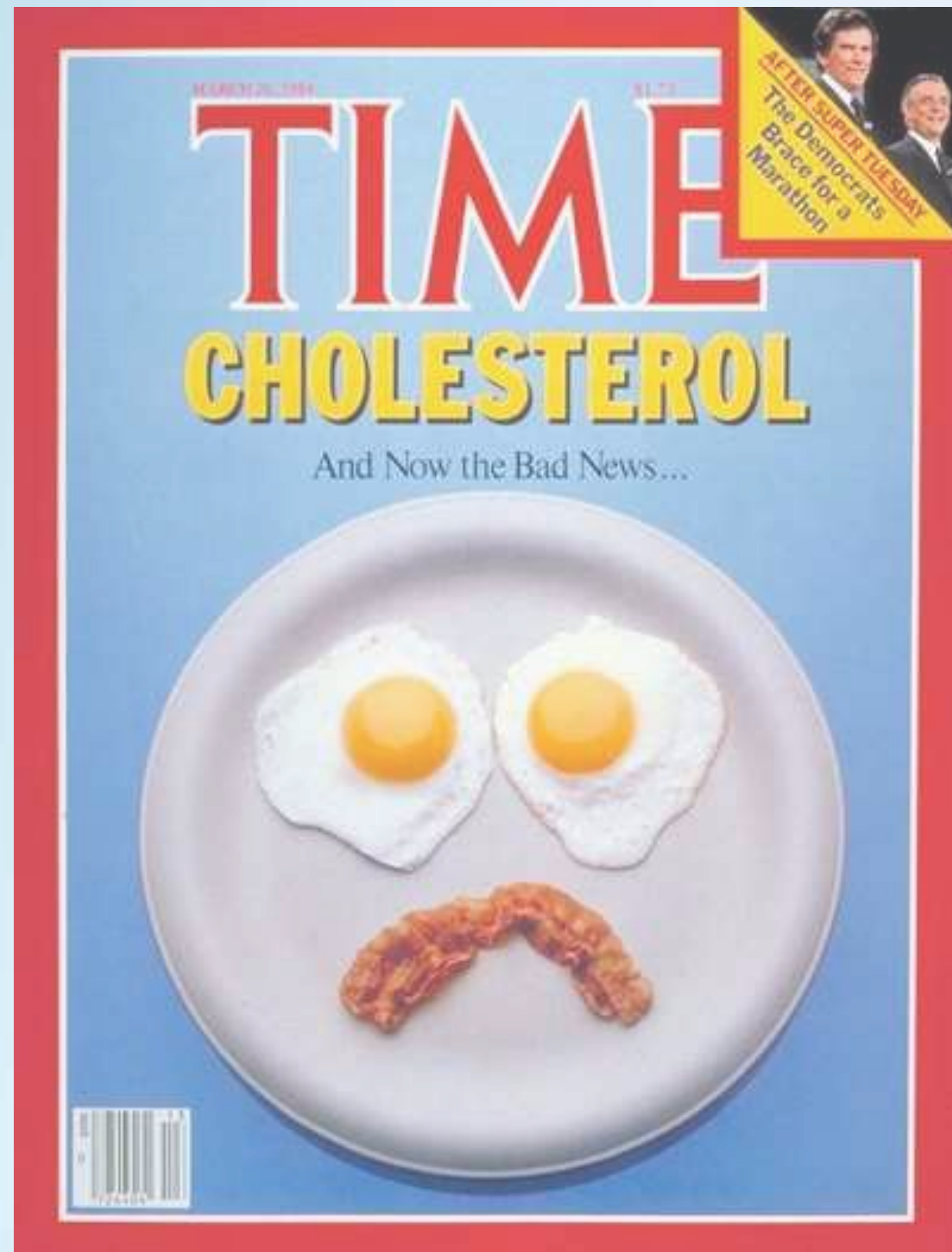


Unilever



GlaxoSmithKline

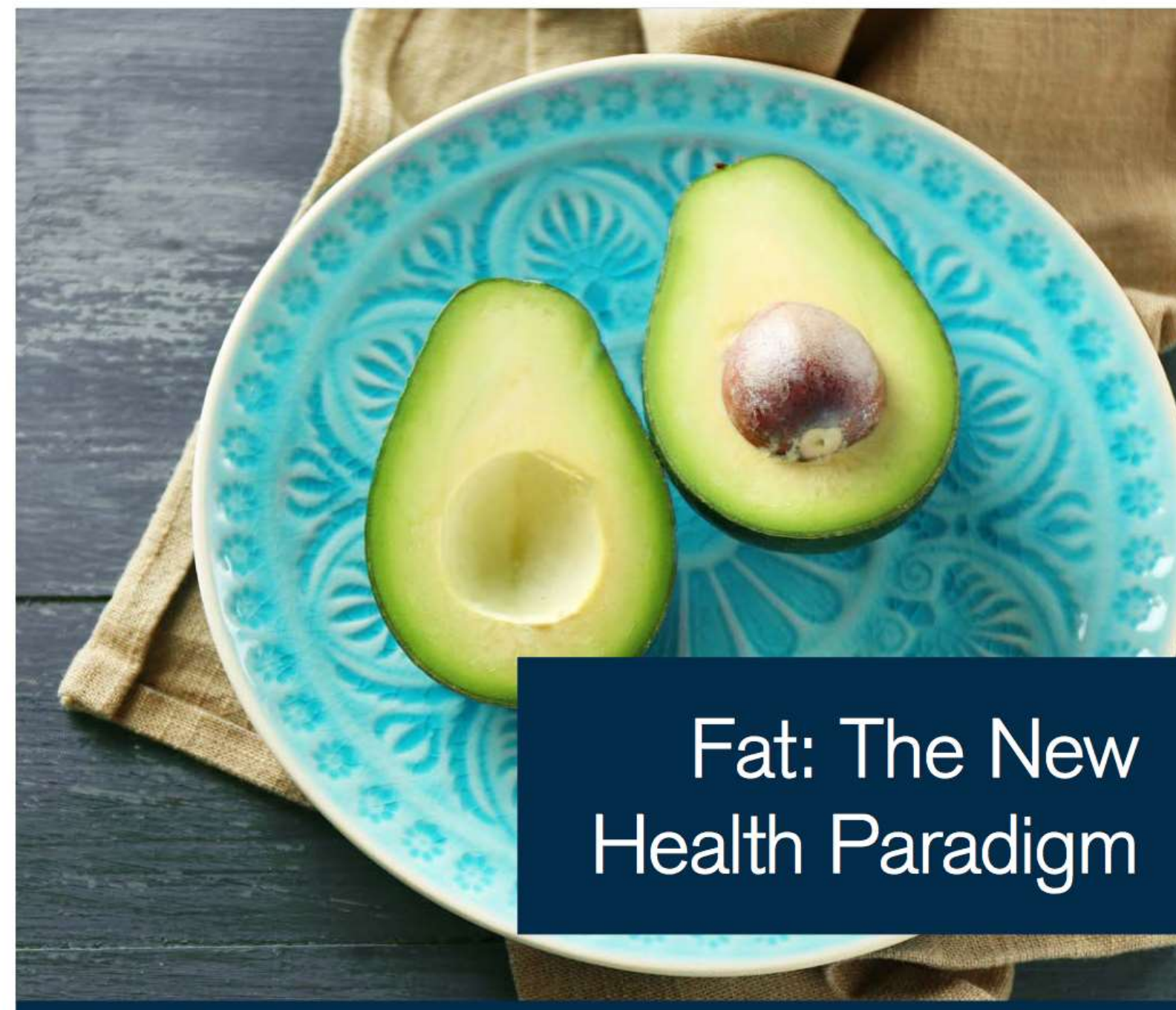
Paradigmskifte



e

Research **Institute**

Thought leadership from Credit Suisse Research
and the world's foremost experts



Fat: The New
Health Paradigm





NET WT.
4 OZ.
(113g)

SALTED
BUTTER
MADE BY HAND IN THE U.S.A.

Forspranget ligger i teknikken



Kjøp Audi R8 i desember
og få 500g smør med på kjøpet

Audi R8 quattro® fra kr. 2.171.600,-

Nå har vi et i tillegg til...



MENU

CBCradio

LISTEN LIVE

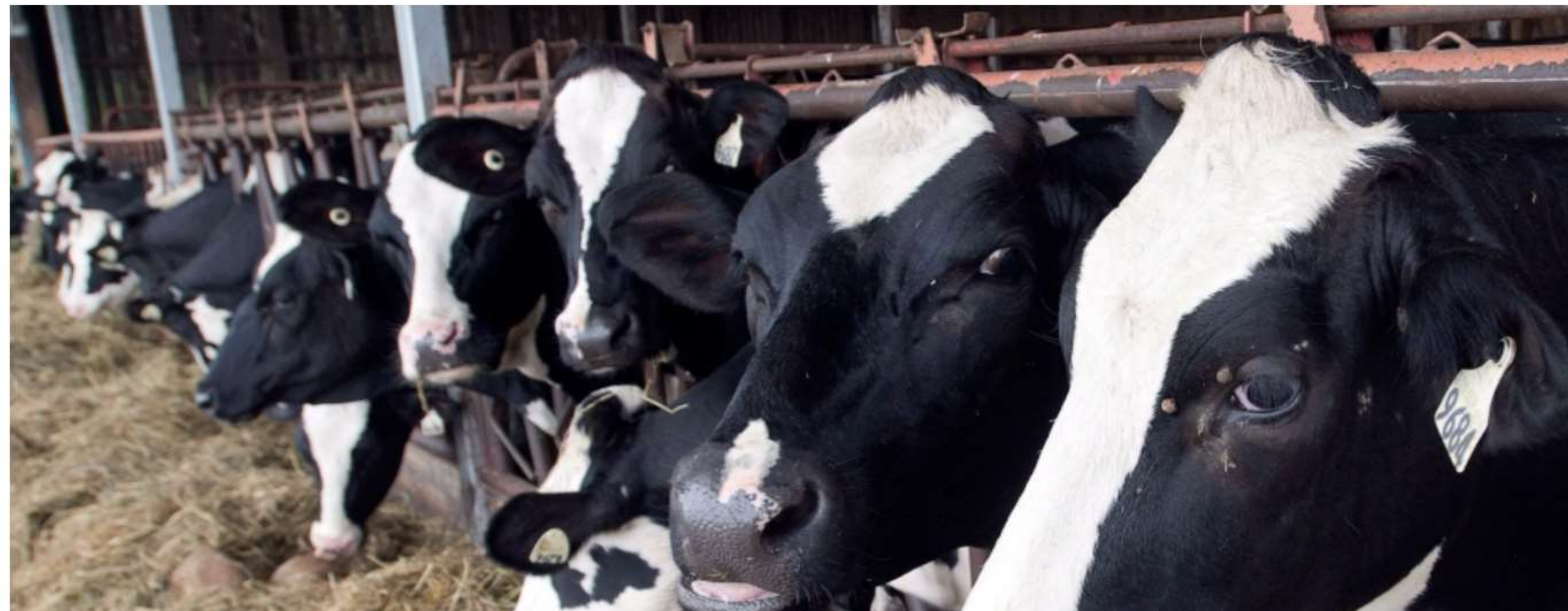
As It Happens

with Carol Off and Jeff Douglas



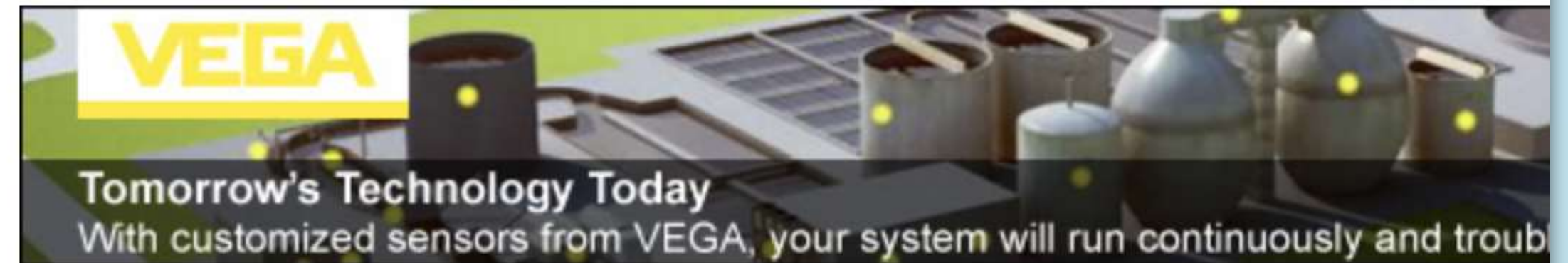
Friday December 18, 2015

Butter shortage forces Canada to import 8.8 million pounds of butter



2017:

Manufacturers' MONTHLY



Home

News

Features

Resources

Jobs

Companies

Products

Magazine

Australian food manufacturers facing butter shortage

🕒 March 29, 2017

📁 News

👤 Stephanie Stefanovic

Small to medium food manufacturers are currently facing a butter shortage due to a combination of a drop in overall milk production, an increase in demand nationally and a change in consumer tastes.

According to Dairy Australia senior analyst John Droppert, more consumers are drinking full cream milk than they were previously. This has become an



2017:

Manufacturers' MONTHLY



Home

News

Features

Resources

Jobs

Companies

Products

Magazine

Australian food manufacturers facing butter shortage

🕒 March 29, 2017

📁 News

👤 Stephanie Stefanovic

Small to medium food manufacturers are currently facing a butter shortage due to a combination of a drop in overall milk production, an increase in demand nationally and a change in consumer tastes.

According to Dairy Australia senior analyst John Droppert, more consumers are drinking full cream milk than they were previously. This has become an



2017:

theguardian

home > UK world sport football opinion culture business lifestyle fashion environment tech travel

home > world > europe US americas asia australia africa middle east cities development

France

Sacré beurre: fears over croissant price hike as France faces butter shortage

Price of butter has rocketed 92% in a year and bakers are warning of a strong risk that the key ingredient is 'running out'



2017:

theguardian

home > UK world sport football opinion culture business lifestyle fashion environment tech travel

home > world > europe US americas asia australia africa middle east cities development

France

Sacré beurre: fears over croissant price hike as France faces butter shortage

Price of butter has rocketed 92% in a year and bakers are warning of a strong risk that the key ingredient is 'running out'



2017:



Photographer: Riou/Getty Images

Europe's Butter Mountain Has Melted Away

By **Megan Durisin, Isis Almeida, and Innocent Anguyo**

July 27, 2017, 4:00 PM PDT

Updated on July 28, 2017, 7:35 AM PDT

- Spot costs surge to all-time highs in Western Europe, Oceania
- Global consumption seen rising 3% in 2017, USDA data show

Europeans are eating so much butter that the bloc's stockpiles are nearly empty, adding to a rush of demand that has sent global prices skyrocketing.

The star  of the U.S. dairy market in recent years, butter costs have now soared

“All the forces in the world are not so powerful as an **idea** whose time has come.”



Läkaren: "Vad du än gör så fortsatt!"

26 augusti 8:00 i Diabeteskost, Diabetiker berättar {Edit}



Inte längre sött

Ännu en läkare har blivit förbluffad. Effekterna av LCHF vid typ 2-diabetes kan ofta ha den biverkningen.

Här är ännu ett mejl om osannolik framgång: [Läs vidare →](#)

28

Rapporter från LCHF-loppet

Välkommen till Sveriges största hälsoblogg och till en friskare framtid! Av Andreas Eenfeldt, läkare och specialist i allmänmedicin. [Mer / Kontakta](#)

[INLÄGG](#) [SIDOR](#) [KOMMENTARER](#)



Ett sött skäl att undvika Android-telefoner 134



Evolution och europeiska kvinnors ansikten 117



Recension av 5:2-dieten: Periodisk fasta möter fettnsål kalorifixering 105



Lömsk produktplacering 103



LCHF får skulden för decennier av fetmaepidemi 100

En vecka En månad Ett år

BRA HÄLSOPRODUKTER

KENZA



KostDoktor



2008:

500 visits/day

KostDoktorn
RIKTIG MAT för din HÄLSA

Börja här Hälsa Viktnedgång Bloggämnen Shop

Bloggnytt Forum Provläs >

Läkaren: "Vad du än gör så fortsätt!"

26 augusti 8:00 i Diabeteskost, Diabetiker berättar {Edit}

Välkommen till Sveriges största hälsoblogg och till en friskare framtid! Av Andreas Eenfeldt, läkare och specialist i allmänmedicin. Mer / Kontakta

INLÄGG SIDOR KOMMENTARER

- 1 Ett sött skäl att undvika Android-telefoner 134
- 2 Evolution och europeiska kvinnors ansikten 117
- 3 Recension av 5:2-dieten: Periodisk fasta möter fettsnål kalorifixering 105
- 4 Lömsk produktplacering 103
- 5 LCHF får skulden för decennier av fetmaepidemi 100

En vecka En månad Ett år

28

2008:

500 visits/day

2009:

5 000

KostDoktorn
RIKTIG MAT för din HÄLSA

Börja här Hälsa Viktnedgång Bloggämnen Shop

Bloggnytt Forum Provläs >

Läkaren: "Vad du än gör så fortsätt!"

26 augusti 8:00 i Diabeteskost, Diabetiker berättar {Edit}

Välkommen till Sveriges största hälsoblogg och till en friskare framtid! Av Andreas Eenfeldt, läkare och specialist i allmänmedicin. Mer / Kontakta

INLÄGG SIDOR KOMMENTARER

- 1 Ett sött skäl att undvika Android-telefoner 134
- 2 Evolution och europeiska kvinnors ansikten 117
- 3 Recension av 5:2-dieten: Periodisk fasta möter fettsnål kalorifixering 105
- 4 Lömsk produktplacering 103
- 5 LCHF får skulden för decennier av fetmaepidemi 100

En vecka En månad Ett år

28

KostDoktorn
RIKTIG MAT för din HÄLSA

Börja här Hälsa Viktnedgång Bloggämnen Shop

Bloggnytt Forum Provläs >

Läkaren: "Vad du än gör så fortsätt!"

26 augusti 8:00 i Diabeteskost, Diabetiker berättar {Edit}

Välkommen till Sveriges största hälsoblogg och till en friskare framtid! Av Andreas Eenfeldt, läkare och specialist i allmänmedicin. Mer / Kontakta

INLÄGG SIDOR KOMMENTARER

- Ett sött skäl att undvika Android-telefoner 134
- Evolution och europeiska kvinnors ansikten 117
- Recension av 5:2-dieten: Periodisk fasta möter fettsnål kalorifixering 105
- Lömsk produktplacering 103
- LCHF får skulden för decennier av fetmaepidemi 100

En vecka En månad Ett år

28

2008:

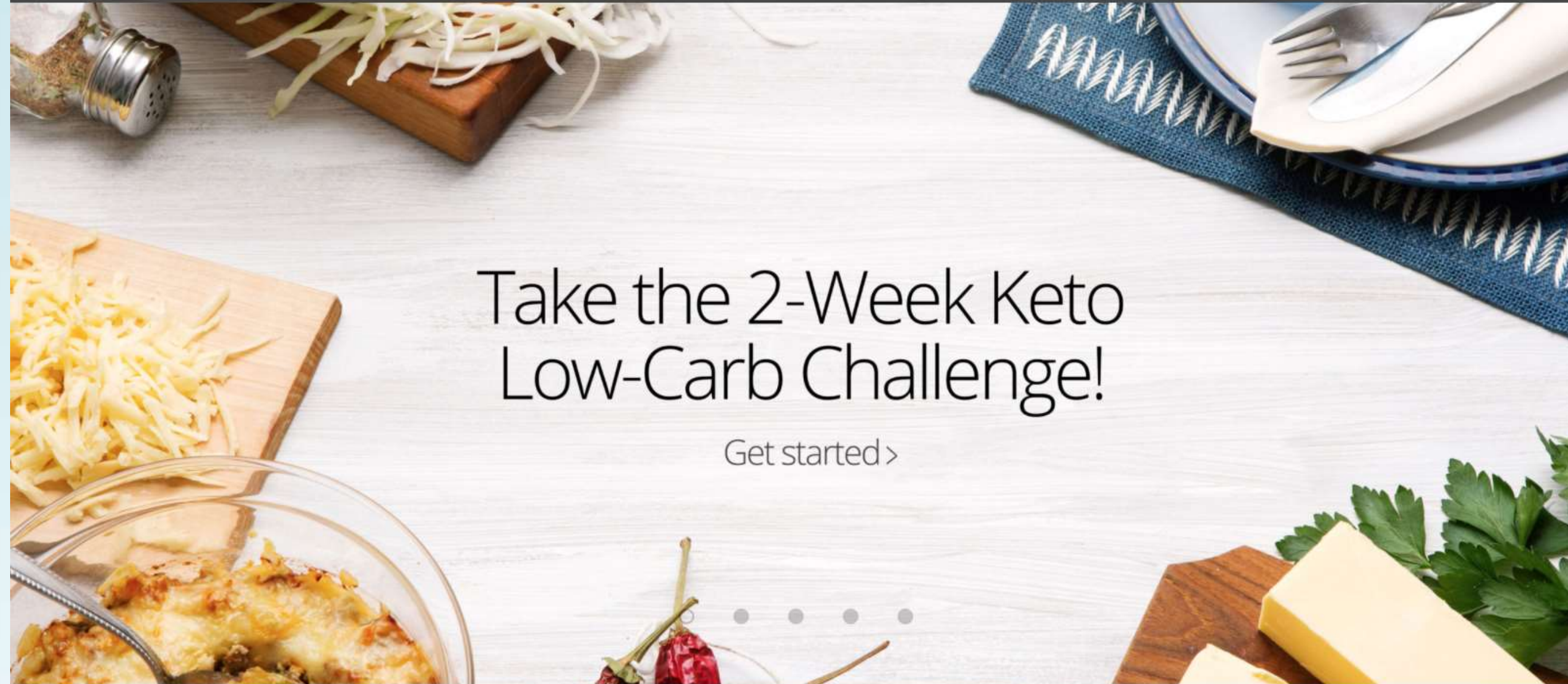
500 visits/day

2009:

5 000

2013:

50 000



Take the 2-Week Keto Low-Carb Challenge!

[Get started >](#)



Advice You Can Trust

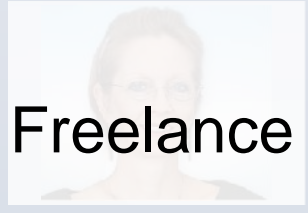
- ✓ No industry money
- ✓ No ads
- ✓ No food or supplement sales
- ✓ Funded by the people
- ✓ Free - membership optional

[Learn about our mission >](#)

[Latest stories >](#)



2013



Freelance



Freelance

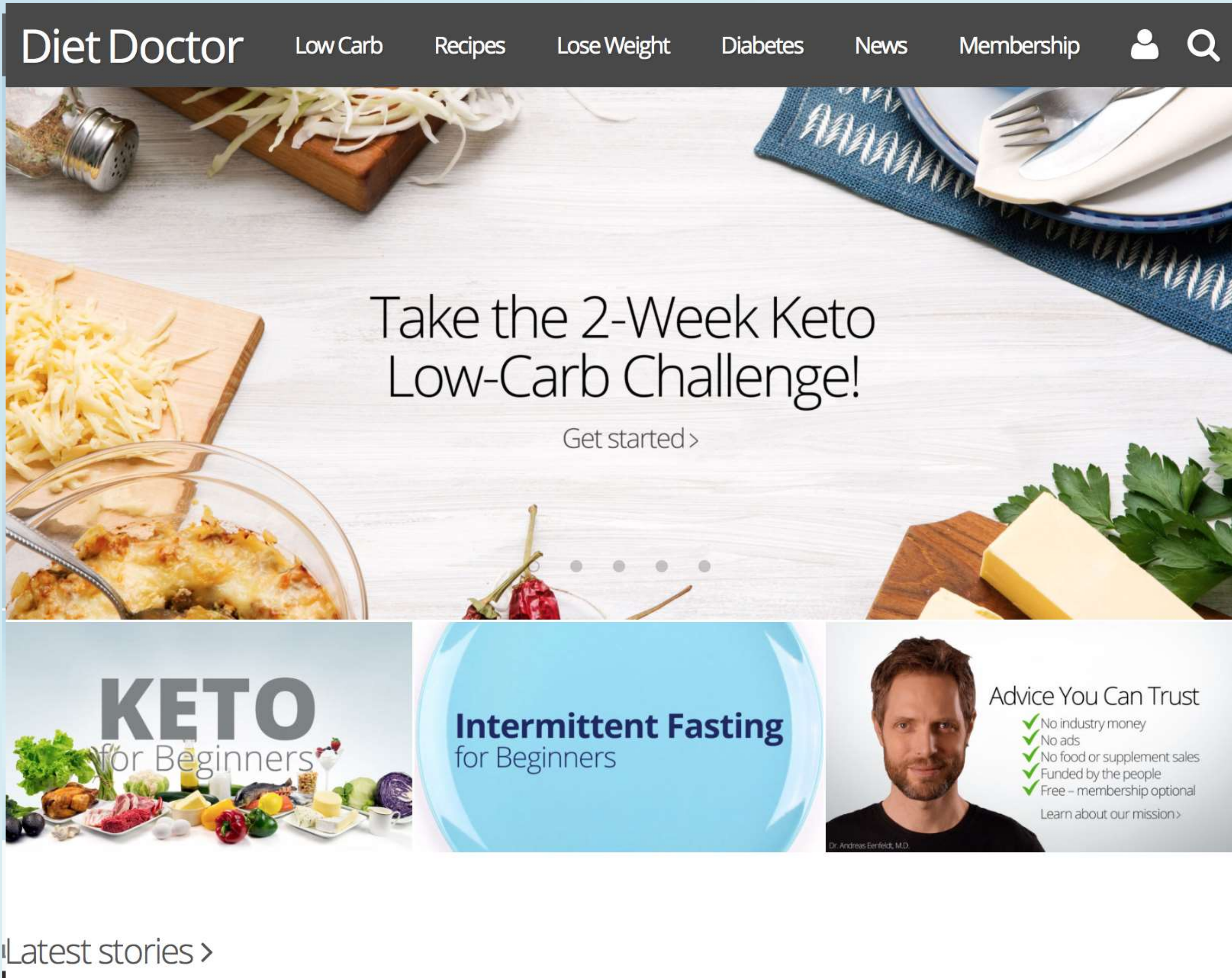


VÅRDCENTRAL



Informational poster or notice posted in the window.





2008:

500 visits/day

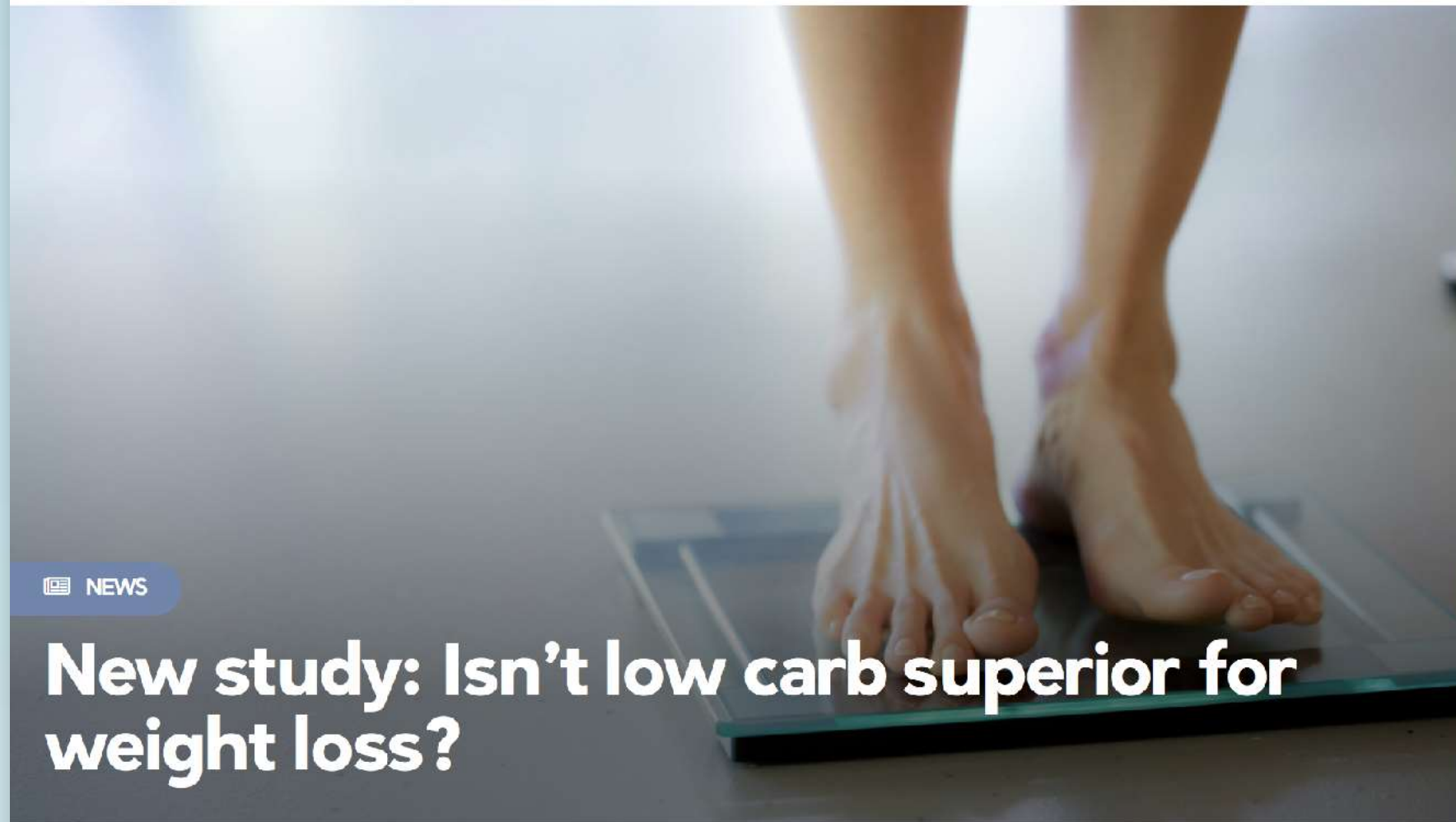
2009:

5 000

2013:

50 000

Now:



NEWS

New study: Isn't low carb superior for weight loss?



NEWS

Your help needed: South African medical authorities appeal own...



NEWS

Journalist Nina Teicholz: In the world of nutrition a bulldozer for...

 Latest news



SUCCESS STORY 15 hours ago, Amanda Åkesson  4

"This has made my intro to keto VERY



MEAL PLAN 18 hours ago, Kristin Berglund, RN

New meal plan - Emőke Csoma's

2008:

500 visits/day

2009:

5 000

2013:

50 000

Now:

250 000



RECETA

Cazuela keto de mejillones ahumados

LIVE STREAM

Low Carb Breckenridge 2018



HISTORIA DE ÉXITO

Perder casi 45 kilos y conseguir tableta de chocolate con una dieta...



Novedades





The keto bread



Smear with butter, and you will think you are eating the real thing! This [keto](#) bread sports a pleasing crispy crust with a soft, moist center. It's bread—you know what to do. Savor it warm, straight out of the oven, or freeze, defrost, and toast to perfection...

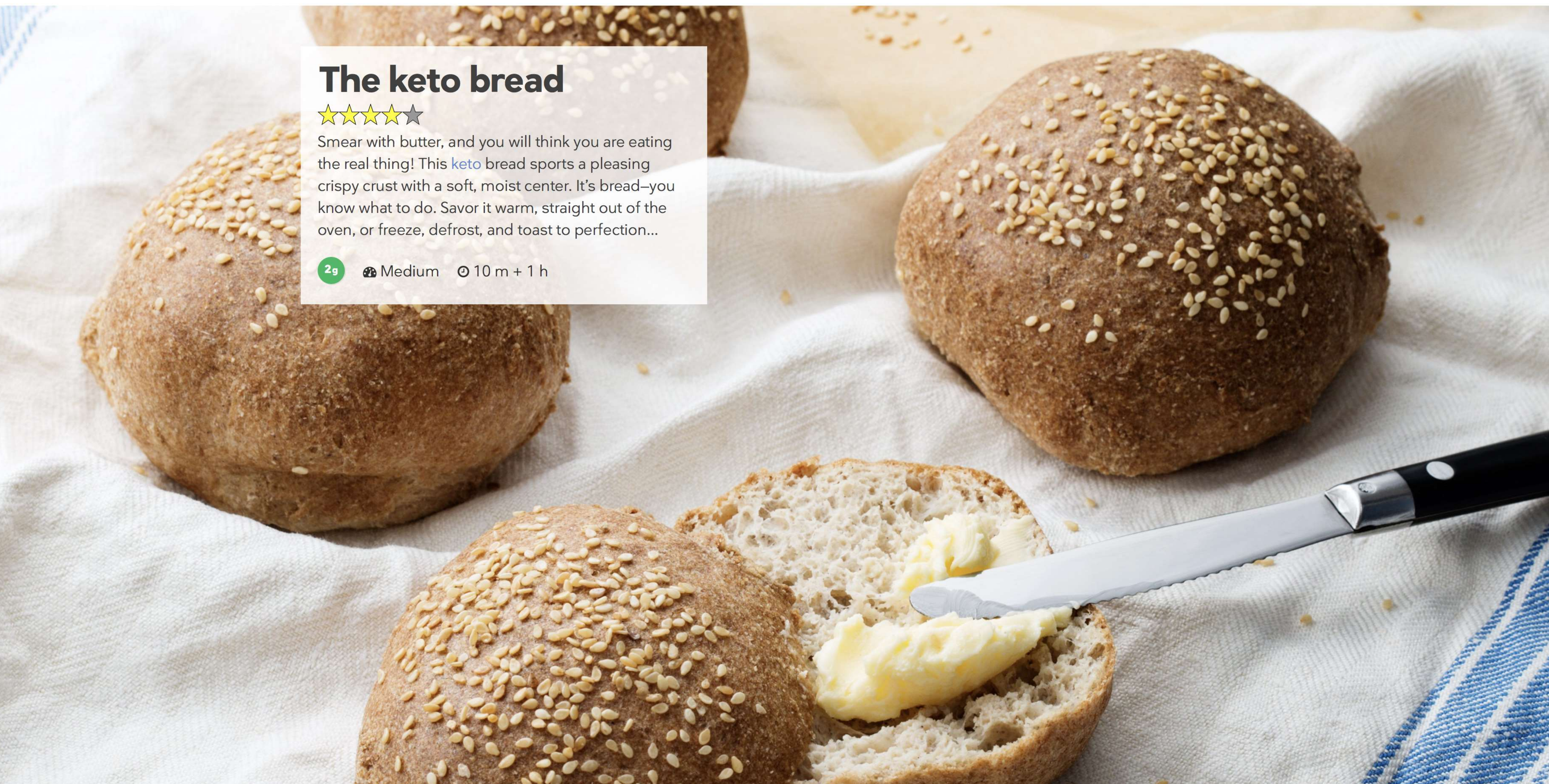
2g



Medium



10 m + 1 h



Fathead pizza



Mouthwatering. So satisfying. All your favorite pizza flavors, layered on top of a crunchy, cheesy, [keto](#) crust that you can eat with your fingers!

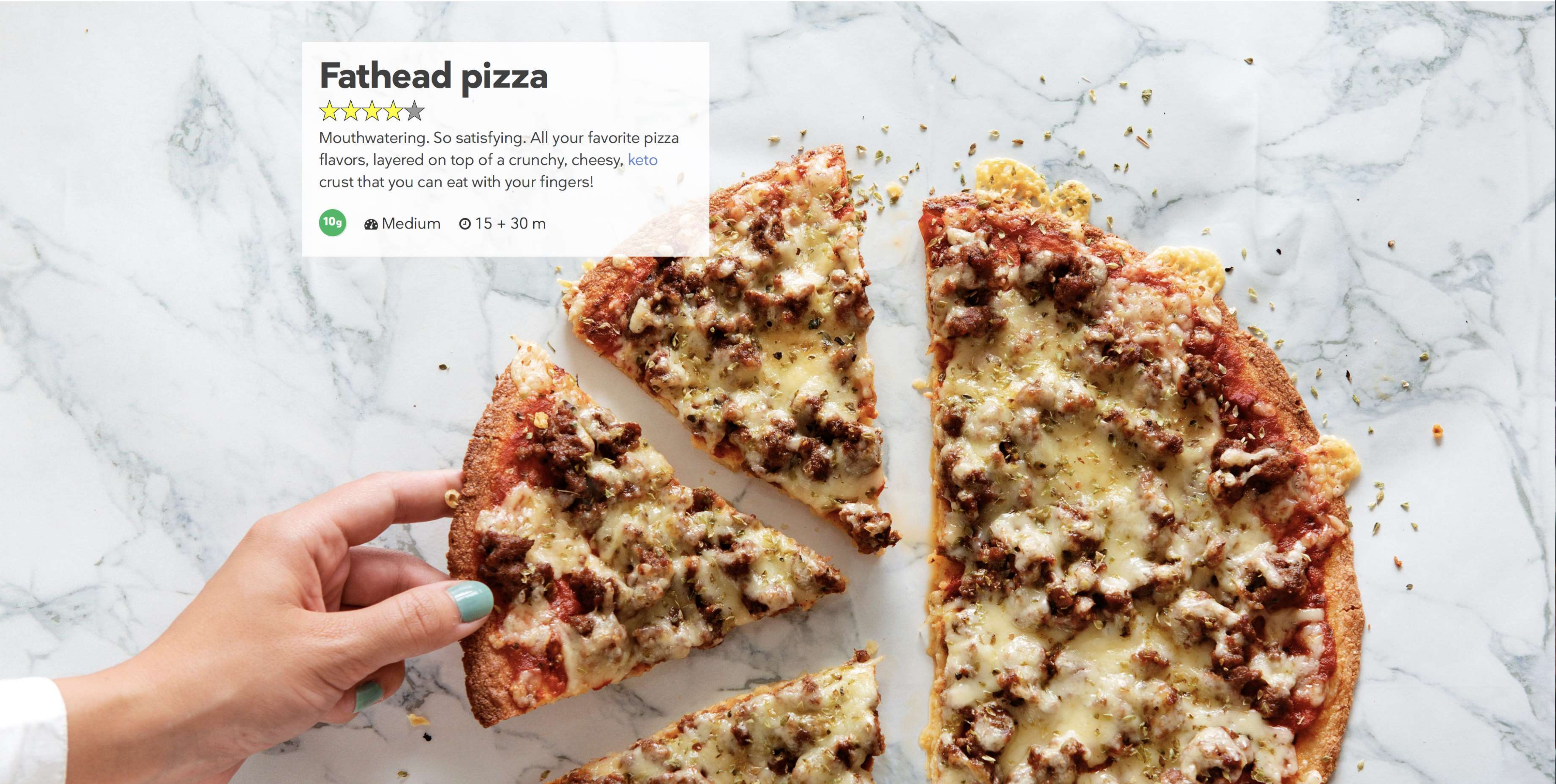
10g



Medium



15 + 30 m





Rosa >



Peter >



Linda >



John >



Nicky >



Vishva >



Dirk >



Bill >



Fewer carbs ←

→ More carbs





A keto diet for beginners

By Dr. Andreas Eenfeldt, MD - Updated February 2018

A keto or ketogenic diet is a very low-carb diet, which turns the body into a fat-burning machine. It has many proven benefits for weight loss, health and performance, as millions of people have experienced already. ¹

Here you'll learn how to eat a keto diet based on real foods. You'll find visual guides, recipes, meal plans and a simple [2-week get started program](#), all you need to succeed on keto.

Low carb and keto for doctors

By Dr. Andreas Eenfeldt, MD - Updated February 2018

Are you a doctor or do you know a doctor? Are you interested in [low carb](#) and [keto](#) diets? Then this resource could be something for you to use or share!



Note that this page will include information for doctors about how to handle medications etc. on low carb. This is not meant for the general public ([full disclaimer](#)). Discuss any changes in medication and relevant lifestyle changes with your doctor.

Contents

1. [Video course](#)
2. [Doctors' stories](#)
3. [Science](#)
4. [Safety and medications](#)
5. [For patients \(visual guides\)](#)

Low carb for doctors

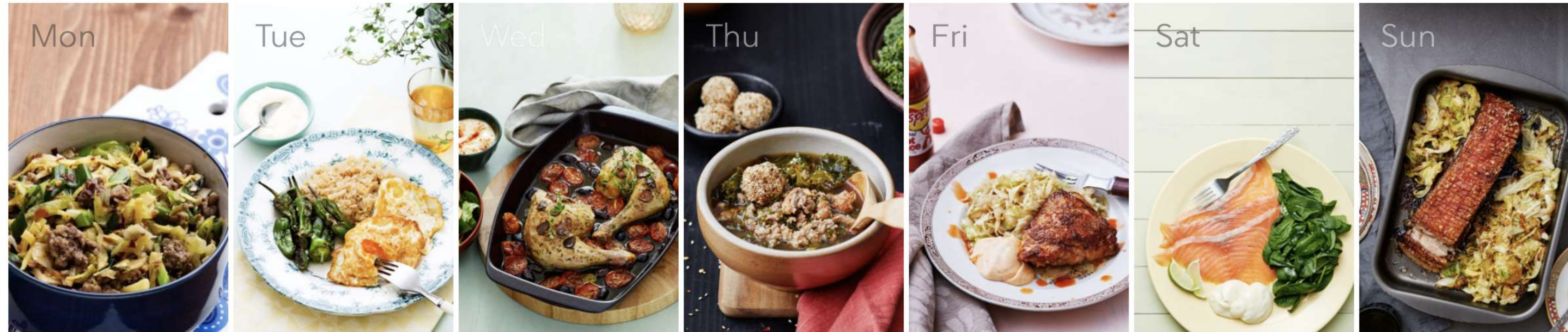
1 Introduction

with Dr. David Unwin



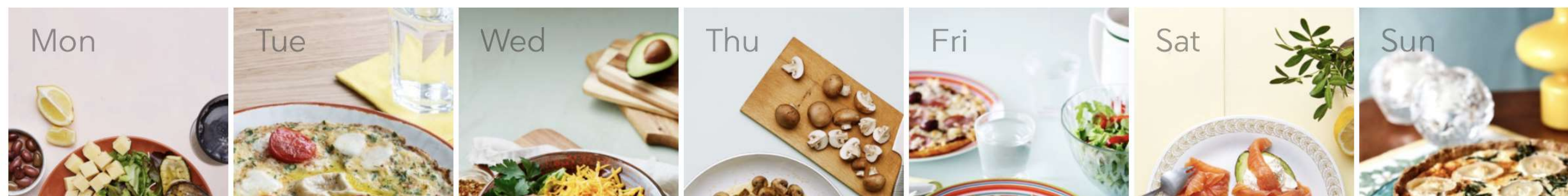
Keto #38 - dairy free

This week's meal plan offers hearty dishes like [crispy Chinese pork with cabbage](#) and [Buffalo chicken](#) combined with lighter dishes such as a [spicy pork and kale soup](#). You'll enjoy this and much more while staying below 20 grams of carbs per day. [Full meal plan →](#)



Keto #39 - Flexitarian

This week's meal plan is made to fit a semi-vegetarian or "flexitarian" life-style. It offers [vegetarian meals](#) mixed with occasional [fish](#), [meat](#) and [poultry](#) dishes. If you prefer all vegetarian meals, the recipes are easy to adjust by simply excluding the pepperoni, chicken and smoked salmon. You'll enjoy hearty meals and stay below 20 grams of carbs per day. [Full meal plan →](#)





Keto #41 - family favorites

[Overview](#)[Recipes](#)[Shopping list](#) 1  person[US](#)[Metric](#) Print

Baking

Baking powder, 1.2 g

Ground psyllium husk powder, 20 g

Dairy

Cheddar cheese, 200 g

Cottage cheese, 50 g

Cream cheese, 300 g

Crème fraiche, 160 ml

Heavy whipping cream, 60 ml

Mozzarella cheese, 75 g

Parmesan cheese, 50 g

Provolone cheese, 60 g

Shredded cheese, 275 g

Eggs

Egg, 20

Fats and Oils

Butter, 100 g

Olive oil, 7²/₃ tablespoons

Fresh herbs

Fresh parsley, 15 g

Fresh cilantro (optional), 4 g

If necessary

Water, 40 ml

Produce

Brussels sprouts, 230 g

Celery stalk, 80 g

Fresh raspberries, 15 g

Fresh spinach, 100 g

Garlic clove, 2¹/₄

Green bell pepper, 1¹/₄

Leafy greens, 75 g

Leeks, 25 g

Lettuce, 1¹/₂

Mushrooms, 40 g

Yellow onion, 2²/₃

Zucchini, 325 g

Avocados (optional)

Cherry tomatoes (optional)

Protein

Bacon, 40 g

Chicken thighs, 160 g

Ground beef, 700 g

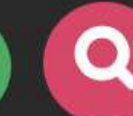
Pork belly, 325 g

Rotisserie chicken, 1¹/₂

Smoked deli ham, 100 g

Spices and seasonings

Cayenne pepper, 225 mg



Living
low carb
with
Chris Hannaway



The 3 most
common myths
about low carb

Sam Feltham



Top 30 videos >



Keto for beginners
Dr. Andreas Eenfeldt
3 parts so far >



Get started 2018 >



Cooking keto with Kristie >

My favorites

Advanced Low-Carb Tips!
Dr. Eric Westman

WATCHED

Everything in moderation?
Doctors answer common questions.

WATCHED

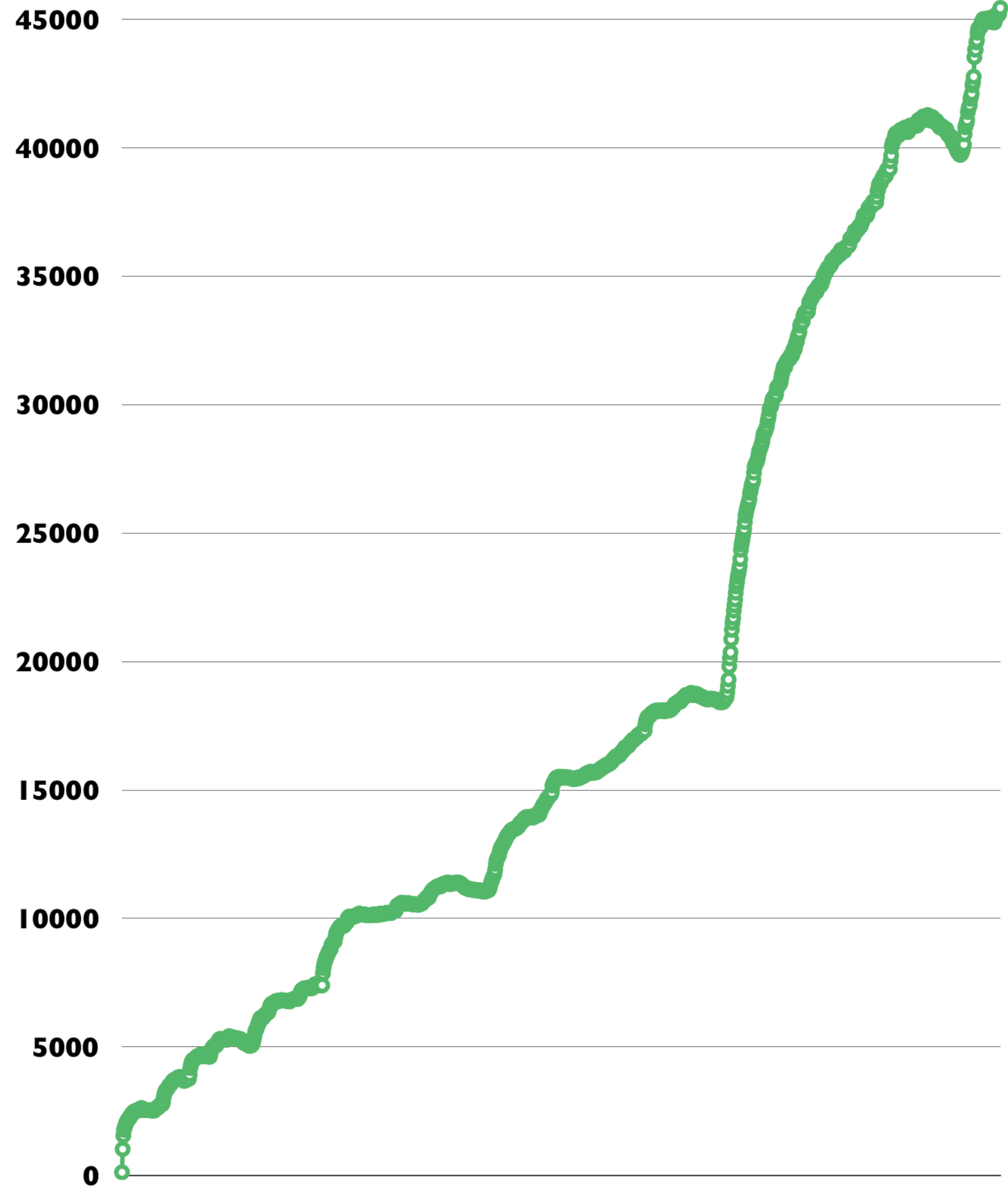
Is saturated fat bad?
Doctors answer common questions.

Therapeutic
Dr. Jason Fung

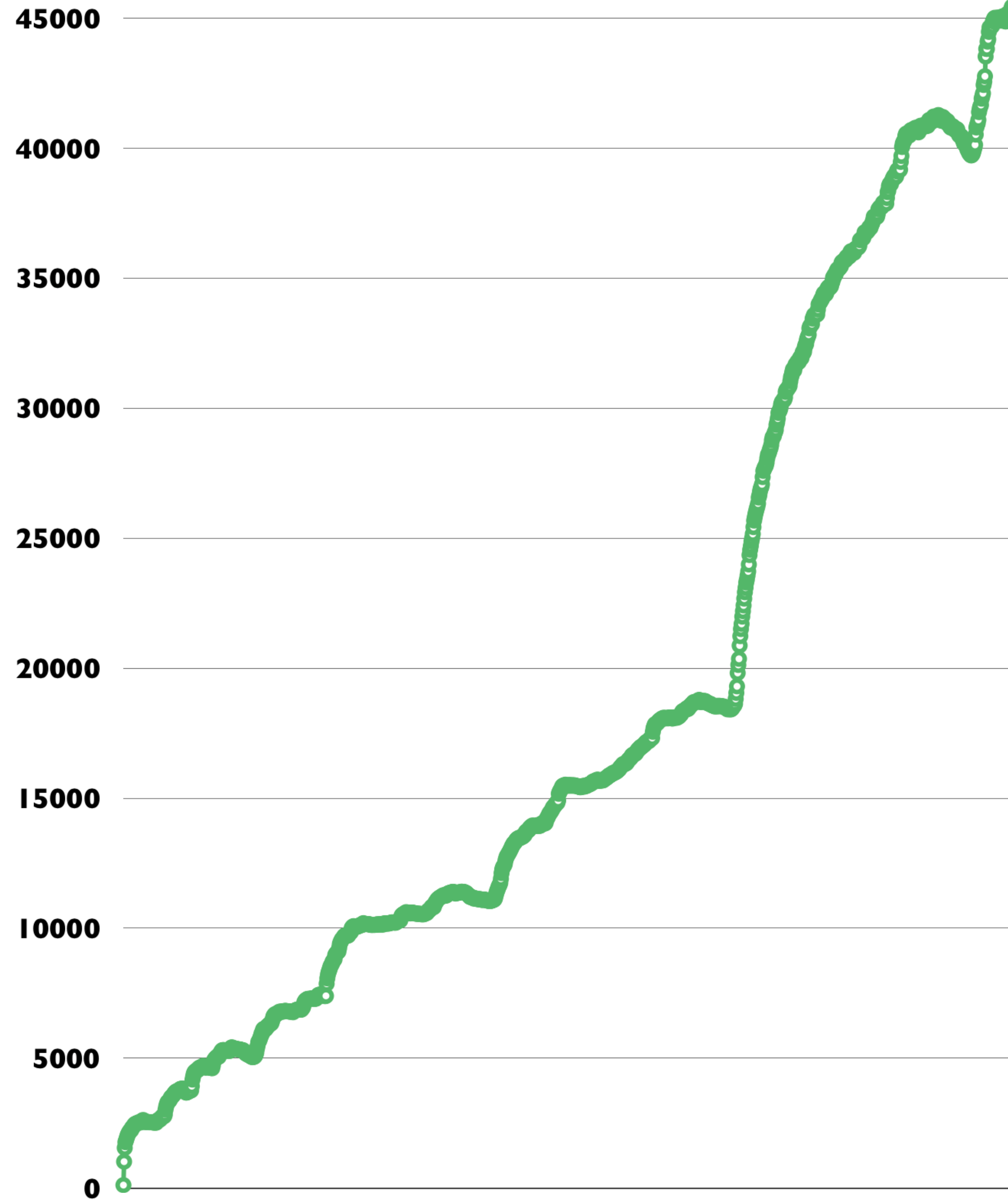
45000
40000
35000
30000
25000
20000
15000
10000
5000
0

Members of Diet Doctor

in 3 years



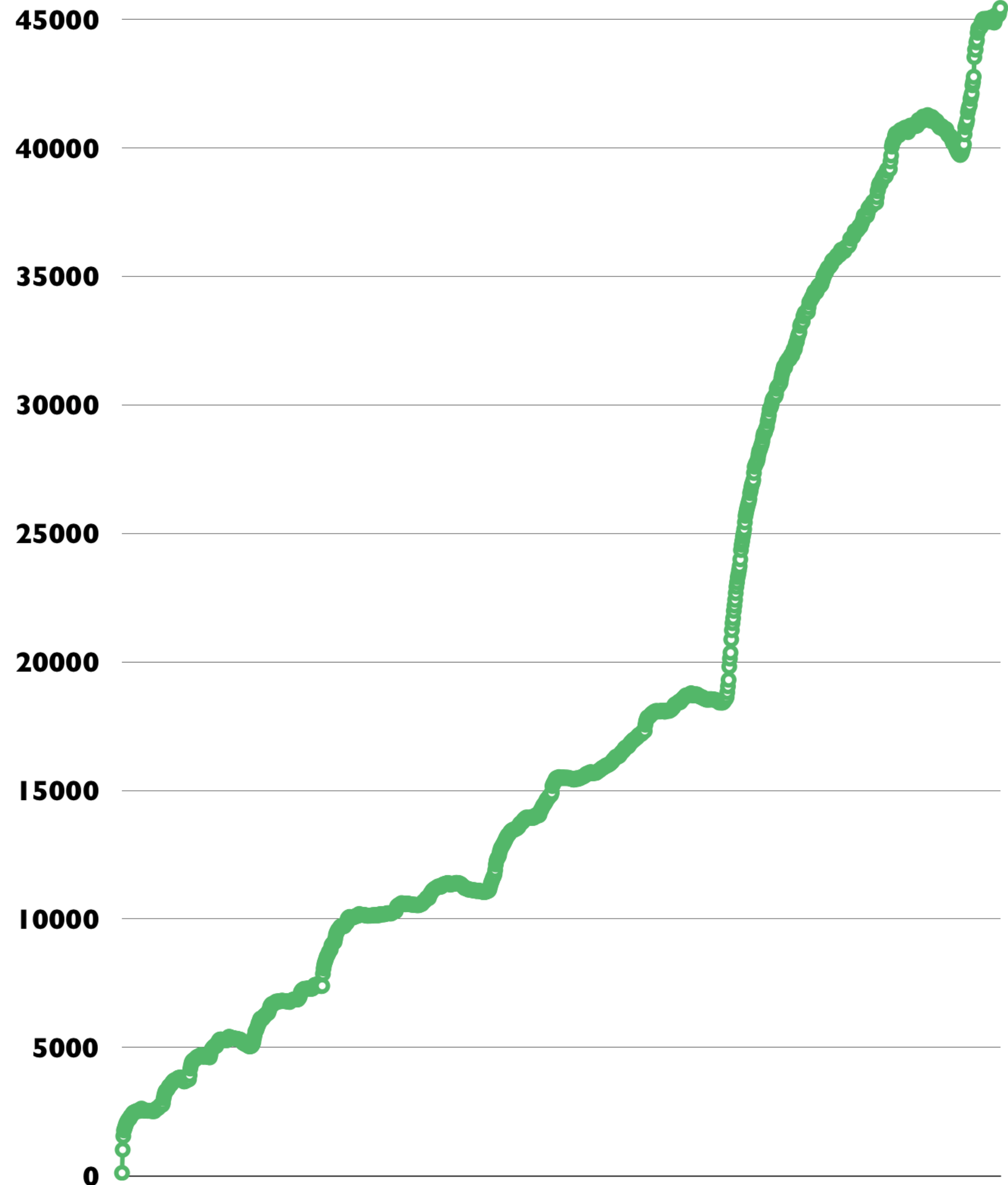
**Members of
Diet Doctor
in 3 years**



Members of Diet Doctor

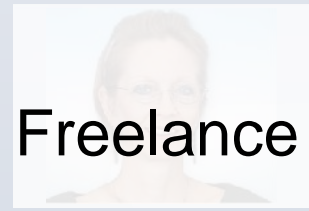
in 3 years

18,000 early 2017



45,000+
Members of
Diet Doctor
in 3 years
18,000 early 2017

2013





Andreas Eenfeldt, MD
 Founder, CEO
[Learn more >](#)



Johan Eenfeldt
 IT



Inger L. Swanberg
 Chief editor, coordination
[Learn more >](#)



Bjarte Bakke
 COO
[Learn more >](#)



Rickard Westerlind



Kristin Berglund, RN
 Recipes



Simon Victor
 Video



Amanda Åkesson
 Editor
[Learn more >](#)



Alex Bergvall
 IT



James Clarke



Kim Gajraj



Annika Rane
 Swedish content, community



Anne Aobadia
 Recipes
[Learn more >](#)



Giorgos Chloros
 Video
[Learn more >](#)



Patrik Nordberg
 IT



Erik Eng



Jill Wallentin
 Recipes and design
[Learn more >](#)



Jonatan Victor
 Video



Mattias Lindberg
 Video

Freelancers



Emma Shevzoff
 Food photography
[Learn more >](#)



Anne Mullens
 Journalist
[Learn more >](#)



Emma Usoma

Expert contributors



Dr. Jason Fang, MD
 Intermittent fasting
[Learn more >](#)



Jenni Callhan
 Practical guides
[Learn more >](#)



Dr. Evelyne Bourdau-Roy, MD
 Low-carb family doctor
[Learn more >](#)



Kristie Sullivan, PhD
 Practical low-carb living
[Learn more >](#)



Dr. Peter Foley, MD
 Low-carb family doctor
[Learn more >](#)



Dr. Michael D. Fox
 Fertility specialist



Dr. Christopher Stadther, MD
 Low-carb and diabetes



Nina Teicholz
 Health journalist



Fransiska Spitzler, RD
 Low-carb dietitian



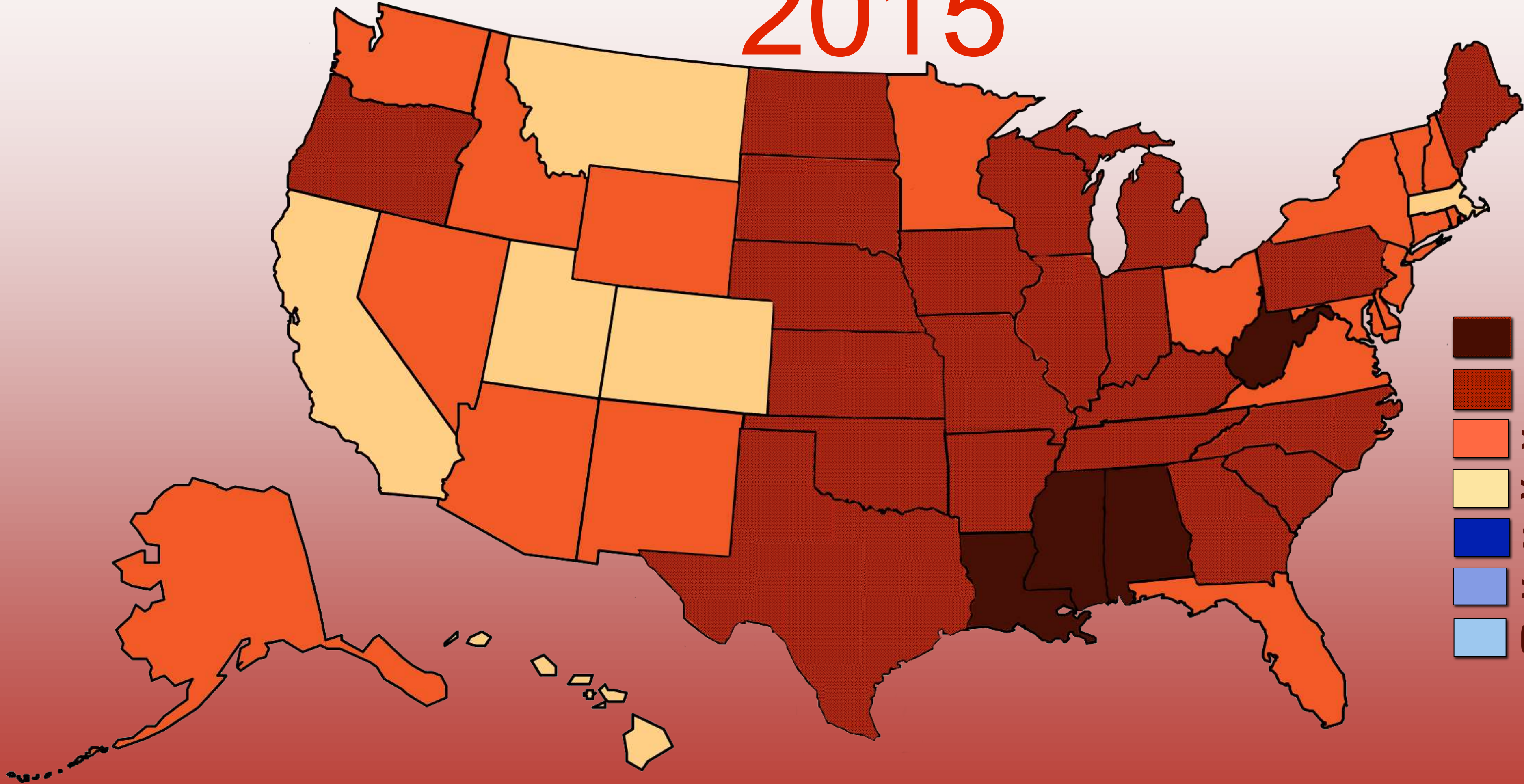
Dave Feldman
 Cholesterol expert


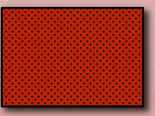





A light green world map is visible in the background, showing the outlines of continents and countries. The map is centered on the Atlantic Ocean.

1985 30 million

2045 700 million

2015



-  > 35% feta
-  > 30%
-  > 25%
-  > 20%
-  > 15%
-  > 10%
-  0-10%

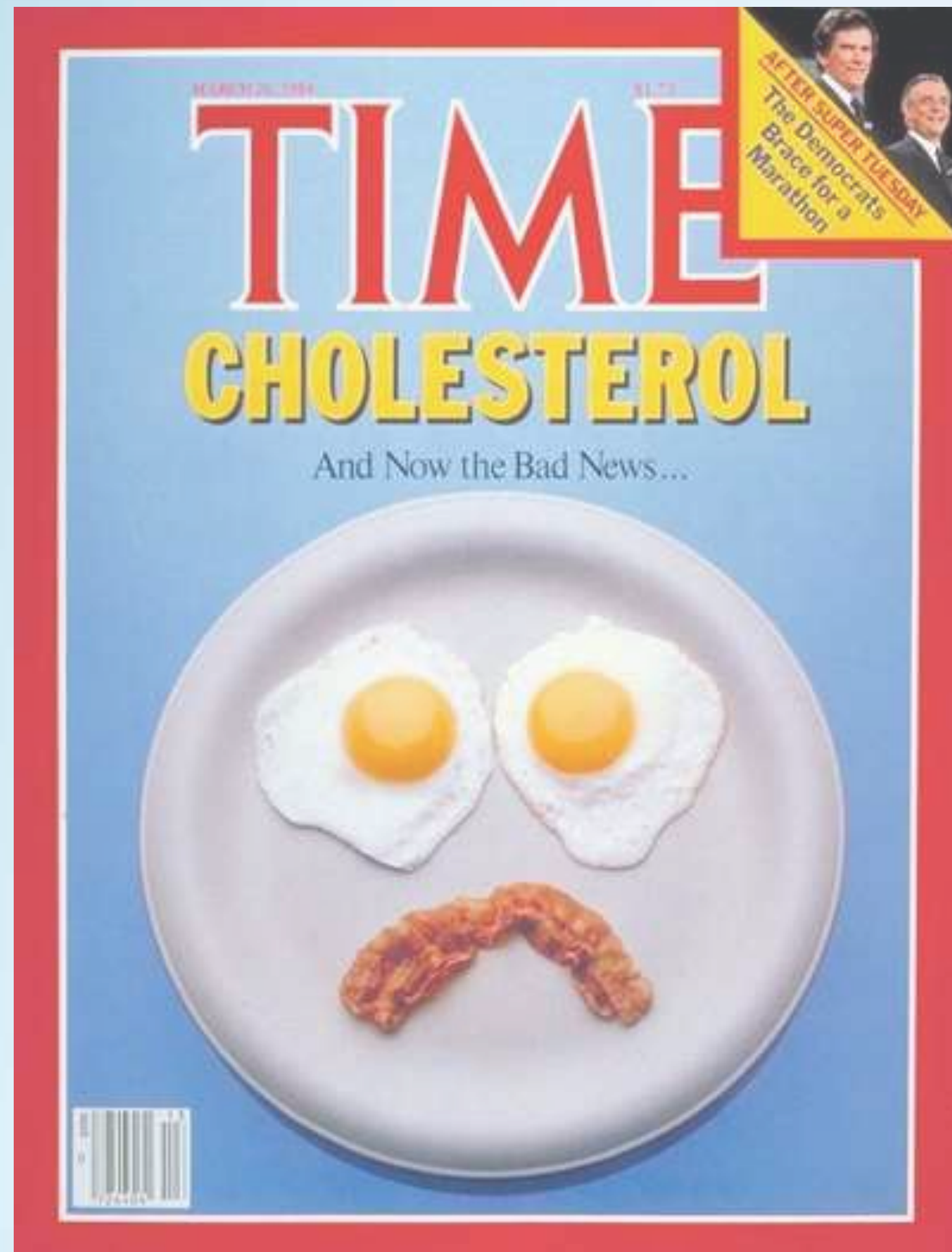


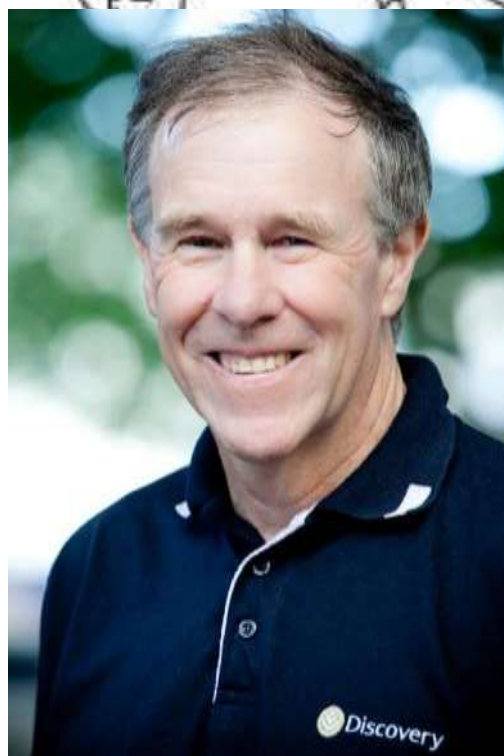
Unilever

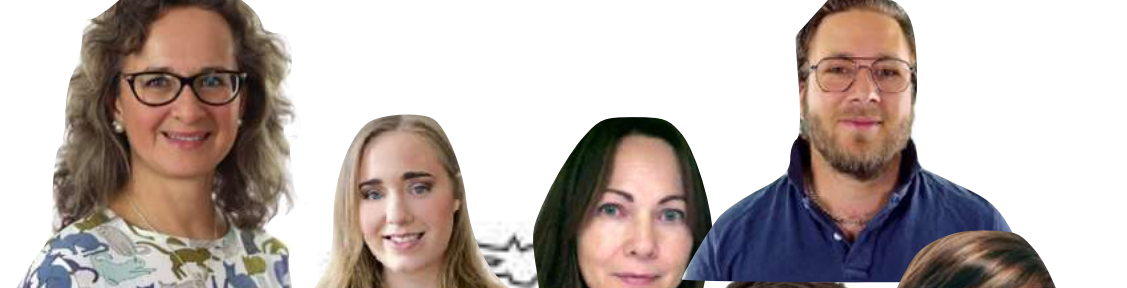


GlaxoSmithKline

Paradigmskifte









KetoDiet



Public Health
Collaboration

Diabetes.co.uk
the global diabetes community



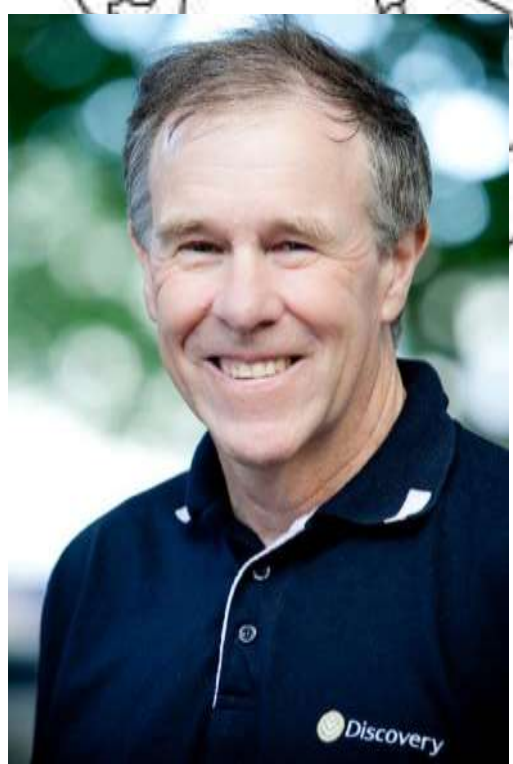
KETO CONNECT

HEAL CLINICS[®]
DIABETES & MEDICAL WEIGHT LOSS

ruled.me
KETO & WEIGHT LOSS

virta

DITCH
the
CARBS





KetoDiet

Public Health
Collaboration

Public Health
Collaboration

Diabetes.co.uk
the global diabetes community

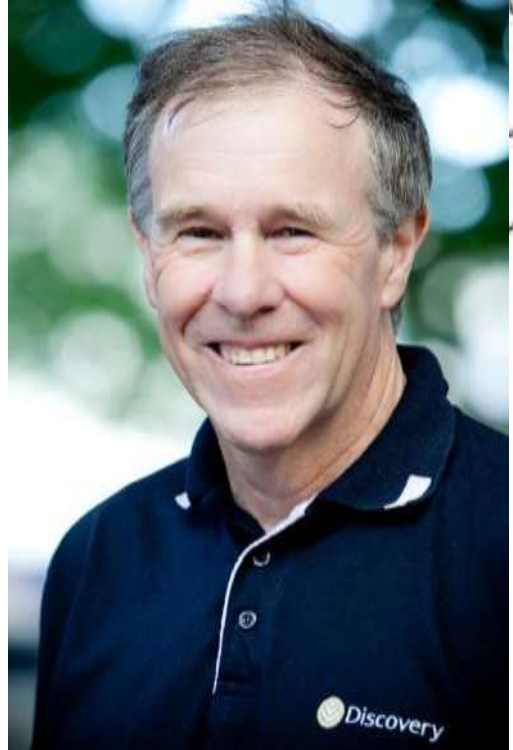
HEAL CLINICS
DIABETES & MEDICAL WEIGHT LOSS

ruled.me
KETO & WEIGHT LOSS

virta

KETO CONNECT

DITCH
the
CARBS



Paradigmskifte



**About
Contact
Careers**

Don't miss out!

Stay updated like 500,000+ subscribers with our weekly Diet Doctor newsletter.

Subscribe



[Copyright](#)

[Privacy policy](#)

[Disclaimer](#)

Diet Doctor © 2018

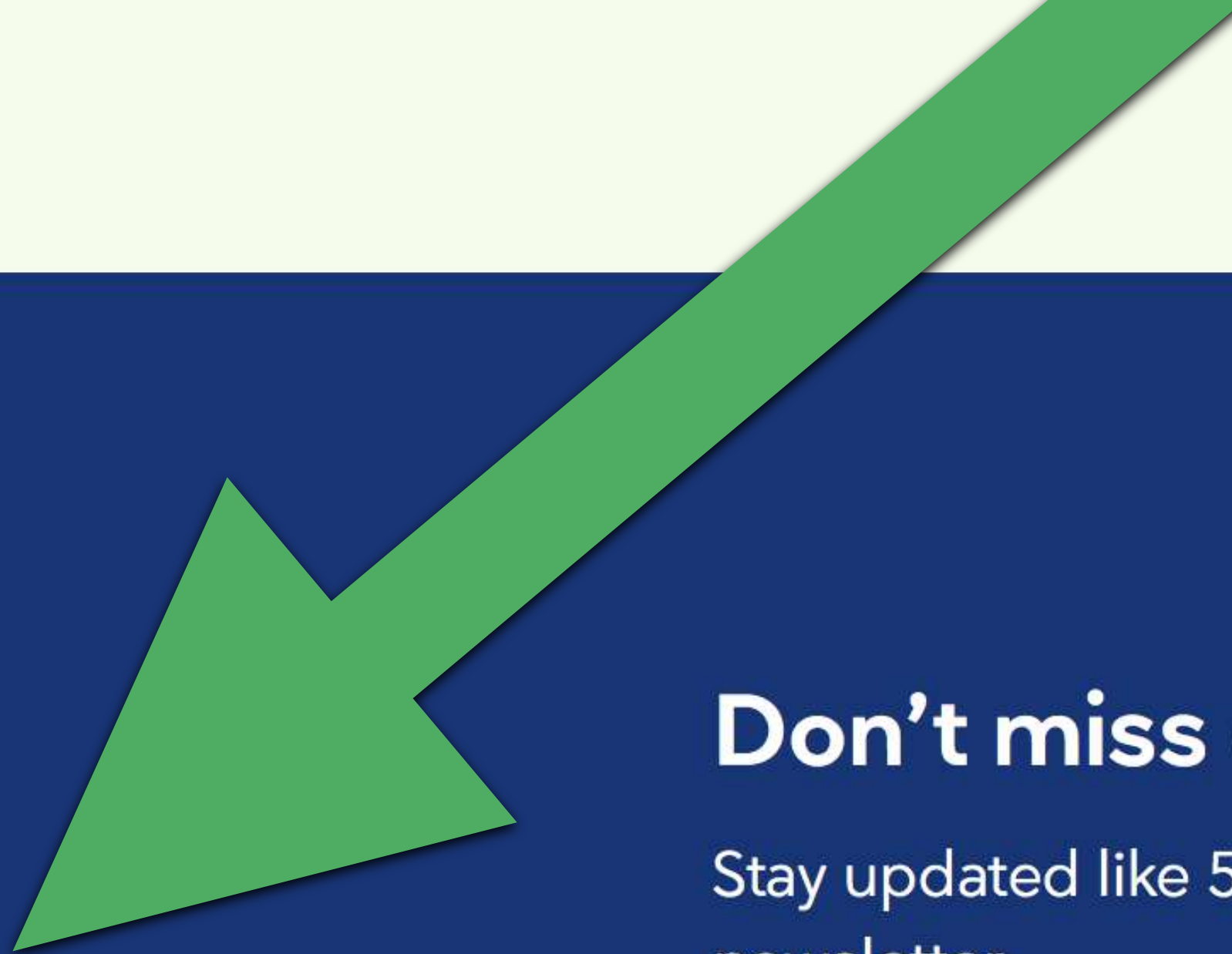


English





About
Contact
Careers



Don't miss out!

Stay updated like 500,000+ subscribers with our weekly Diet Doctor newsletter.

Subscribe



[Copyright](#)

[Privacy policy](#)

[Disclaimer](#)

Diet Doctor © 2018



English



Ideas?

E-mail me:

andreas@dietdoctor.com