

**Consultation on the draft report:**

**Lower carbohydrate diets for adults with type 2 diabetes**

**Comments Form**

<b>Organisation</b>	Plant-based health professionals UK
<b>Name of commentator and contact details</b>	Shireen Kassam

- Please do not PDF the form.
- Please do not amend the formatting of this form.
- Please do not embed attachments into this form.
- Please list any references in full that you wish the committee to consider.
- Please email this form to: [sacndiabetes@phe.gov.uk](mailto:sacndiabetes@phe.gov.uk)
- Closing date: 9:30am 30 April 2020

General comments	Comments
<p>Mazidi, M <i>et al.</i> (2019). Lower carbohydrate diets and all-cause and cause-specific mortality: a population-based cohort study and pooling of prospective studies. <i>European Heart Journal</i>, ehz174, <a href="https://doi.org/10.1093/eurheartj/ehz174">https://doi.org/10.1093/eurheartj/ehz174</a></p>	<p>Please insert each new comment in a new row</p> <p>My concern is the long term impact of low carb diets on health outcomes, which I don't think have been emphasised enough. The references listed in this document all demonstrate detrimental effects of long term health – all cause mortality, death from CVD and cancer - in those eating low carb diets. This is especially true if carbohydrates are replaced by animal fat and protein, which seems the practice for those advocating this diet pattern in the UK. Limiting whole grains, beans and some fruits from the diet will have adverse long term consequences. Higher fat diets also have an adverse effect on the gut microbiome and markers of inflammation and fail to reverse insulin resistance per se as shown in Kevin Hall's metabolic ward studies. The women's health initiative study showed benefits for those eating lower fat diets and increasing whole grains, fruits and vegetables in the diet and this included benefits for diabetes.</p> <p>My concern is also that low carb diets are being promoted as a means for preventing type 2 diabetes, with replacement of carbs with fat and protein often from animal sources. I accept that a lower carb diet can also emphasise plant proteins and fats but this is not the case for most people in the UK who continue to consume too much saturated fat and not enough whole plant foods. A low carb diet does not prevent diabetes per se and most studies support predominately plant-based diets for prevention of diabetes and for maintaining weight loss. This could perhaps be emphasised more in the report.</p>
<p><b>Association of Low-Carbohydrate and Low-Fat Diets With Mortality Among US Adults</b>  <u>Zhilei Shan, MD, PhD<sup>1</sup>; Yanjun Guo, MD, PhD<sup>2,3</sup>; Frank B. Hu, MD, PhD<sup>1,3,4</sup>; et al</u>  <u>Liegang Liu, MD, PhD<sup>5,6</sup>; Qibin Qi, MD, PhD<sup>1,7</sup></u>  <i>JAMA Intern Med.</i> Published online January 21, 2020.  doi:10.1001/jamainternmed.2019.6980</p>	

Rosenbaum, M <i>et al.</i> (2019). Glucose and Lipid Homeostasis and Inflammation in Humans Following an Isocaloric Ketogenic Diet. <i>Obesity</i> 0, 1-11. doi:10.1002/oby.22468	
Wan Y, et al. Gut 2019;0:1–13. doi:10.1136/gutjnl-2018-317609	
Ross L Prentice, Aaron K Aragaki, Barbara V Howard, Rowan T Chlebowski, Cynthia A Thomson, Linda Van Horn, Lesley F Tinker, JoAnn E Manson, Garnet L Anderson, Lewis E Kuller, Marian L Neuhouser, Karen C Johnson, Linda Snetselaar, Jacques E Rossouw, Low-Fat Dietary Pattern among Postmenopausal Women Influences Long-Term Cancer, Cardiovascular Disease, and Diabetes Outcomes, <i>The Journal of Nutrition</i> , Volume 149, Issue 9, September 2019, Pages 1565–1574, <a href="https://doi.org/10.1093/jn/nxz107">https://doi.org/10.1093/jn/nxz107</a>	

Please add extra rows as needed

Comments by paragraph	Comments
	Please insert each new comment in a new row
<i>Example: 1.2</i>	<i>Example: Missing reference and statement unclear</i>

Please add extra rows as needed