

## Mayo Clinic Minute

### Low-carb diet findings and cautions

VIDEO	AUDIO
Graphic: Low-carb Low-fat	When Mayo Clinic researchers compared low-carbohydrate and low-fat diets, the scales tipped slightly in favor of low carbs.
Title: HEATHER FIELDS, M.D. INTERNAL MEDICINE Mayo Clinic	"We found that, over the course of six months to about two years, in the low-carbohydrate groups, they lost about two-and-a-half to five pounds more than those in the low-fat diet group."
	Dr. Heather Fields is lead author of the study. She cautions there are important caveats for anyone considering a low-carb menu.
	"We don't advocate for cutting out whole food groups. So I do think that it's important to include a moderate amount of lower-carbohydrate fruits and vegetables."
Graphic: Include: Fruits Vegetables Legumes Whole grains	Legumes and whole grains high in protein and fiber should be included.
	<i>Sound of bacon sizzling</i>
Graphic: Avoid: Bacon Sausage Hot dogs	Dr. Fields recommends avoiding protein from processed meats like bacon, sausage and hot dogs.
Graphic: Include: Plant proteins Fish Organic meats Eggs	Instead, choose plant-based proteins or healthy animal proteins, like fish, organic beef and chicken, and eggs that are high in omega-3 fatty acids.
Graphic: <a href="https://newsnetwork.mayoclinic.org">newsnetwork.mayoclinic.org</a>	For the Mayo Clinic News Network, I'm Jeff Olsen.

