

Low-carbohydrate and ketogenic diets: Are they good for your health?

Date: Thursday 24 August 2023

Time: 11:30-13:00

Venue: E33-G021, Faculty of Education

Language: English

Audience: UM Staff / Students

Registration: Online Registration (<https://go.um.edu.mo/12ywi7rq> or )

Enquiries: Mr. Brendan LEI (Email: FED_Event@um.edu.mo / Tel: 8822-4210)

Speaker:

Prof. Jonathan LITTLE is Professor in the School of Health and Exercise Sciences at the University of British Columbia in Kelowna, Canada and is currently a University of Macau Distinguished Visiting Scholar. His research focuses on optimizing diet and exercise interventions for the prevention and treatment of type 2 diabetes. He has published over 150 peer-reviewed journal articles in the areas of exercise metabolism, nutrition, type 2 diabetes, obesity, and immunology. Ongoing research in his lab includes clinical trials and translational studies in humans to determine how application of different low-carbohydrate diet, nutritional ketosis, and exercise strategies impact glucose control, cardiovascular risk, and inflammation.

Abstract:

Low-carbohydrate high-fat and ketogenic diets have gained recent popularity for weight loss, type 2 diabetes treatment, and in the general population. However, there are some concerns and skepticism over whether these diets are actually good for improving your health. One major concern is that eating a diet that is low in carbohydrates but high in fat will negatively affect blood lipid profile, especially LDL cholesterol. Another concern is that low-carbohydrate diets are hard to adhere to over the long term. In this lecture, Professor Little will examine how low-carbohydrate and ketogenic diets impact LDL cholesterol levels. He will present data from a randomized controlled trial of a Mediterranean-style ketogenic diet delivered by mobile health application for the treatment of obesity. Finally, he will present research showing that the simple strategy of eating a low-carbohydrate breakfast can improve blood sugar control in people living with type 2 diabetes.