Chapter Two

27. Holt SH, Miller JB. Increased insulin responses to ingested foods are associated with lessened satiety. *Appetite* 1995;24:43-54


57. West CE, Sullivan DR, Katan MB, Halferkamps IL, van der Torre HW. Boys from populations with high-carbohydrate intake have higher fasting triglyceride levels than boys from populations with high-fat intake. *Am J Epidemiol 1990*;131:271-282


59. Wolever TMS, Mehling C. Long-term effect of varying the source or amount of dietary carbohydrate on postprandial plasma glucose, insulin, triacylglycerol, and free fatty acid concentrations in subjects with impaired glucose tolerance. *Am J Clin Nutr 2003*;77:612-621

Chapter Three


27. West CE, Sullivan DR, Katan MB, Halferkamps IL, van der Torre HW. Boys from populations with high-carbohydrate intake have higher fasting triglyceride levels than boys from populations with high-fat intake. *Am J Epidemiol* 1990;131:271-282


Chapter Four


47. Holt SH, Miller JB. Increased insulin responses to ingested foods are associated with lessened satiety. *Appetite* 1995;24:43-54


57. Mackness MI, Abbott C, Arrol S, Durrington PN. The role of high-density lipoprotein and lipid-soluble antioxidant vitamins in inhibiting low-density lipoprotein oxidation. *Biochem J* 1993;294 (Pt 3):829-834
70. Moffatt RJ. Effects of cessation of smoking on serum lipids and high density lipoprotein-cholesterol. *Atherosclerosis* 1988;74:85-89
76. Parker B, Noakes M, Luscombe N, Clifton P. Effect of a High-Protein, High-Monounsaturated Fat Weight Loss Diet on Glycemic Control and Lipid Levels in Type 2 Diabetes. *Diabetes Care* 2002;25:425-430
78. Raben A, Agerholm-Larsen L, Flint A, Holst JJ, Astrup A. Meals with similar energy densities but rich in protein, fat, carbohydrate, or alcohol have different effects on energy expenditure and substrate metabolism but not on appetite and energy intake. *Am J Clin Nutr* 2003;77:91-100
92. Stefanick ML, Mackey S, Sheehan M, Ellsworth N, Haskell WL, Wood PD. Effects of Diet and Exercise in Men and Postmenopausal Women with Low

93. Steinberg D. The cholesterol controversy is over. Why did it take so long? *Circulation* 1989;80:1070-1078


101. West CE, Sullivan DR, Katan MB, Halferkamps IL, van der Torre HW. Boys from populations with high-carbohydrate intake have higher fasting triglyceride levels than boys from populations with high-fat intake. *Am J Epidemiol* 1990;131:271-282


Chapter Five


15. Raben A, Agerholm-Larsen L, Flint A, Holst JJ, Astrup A. Meals with similar energy densities but rich in protein, fat, carbohydrate, or alcohol have different effects on energy expenditure and substrate metabolism but not on appetite and energy intake. *Am J Clin Nutr* 2003;77:91-100

Chapter Six


Chapter Seven

34. Salmenniemi U, Ruotsalainen E, Pihlajamaa J, et al. Multiple abnormalities in glucose and energy metabolism and coordinated changes in levels of adiponectin, cytokines, and adhesion molecules in subjects with metabolic syndrome. *Circulation* 2004;110:3842-3848
Chapter Eight


3. Sizing up South Beach. It makes some good points, but The South Beach Diet has problems typical of diet books: lack of proof and some dubious claims. *Harv Health Lett* 2003;29:5

4. Is the Atkins diet on to something? No, it's not a healthy way to eat. But the high-protein, low-carbohydrate diet may hold a few important lessons about weight loss and healthy eating. *Harv Health Lett* 2003;28:1-2

5. Study supports Atkins diet; health association is skeptical. *Heart Advis* 2003;6:5


7. Agnew B. Rethinking Atkins. New research suggests that the famous low-carb diet may be safe--at least in the short term. *Diabetes Forecast* 2004;57:64-66, 68-70


34. El-Mallakh RS, Paskitti ME. The ketogenic diet may have mood-stabilizing properties. *Med Hypotheses* 2001;57:724-726
49. Lara-Castro C, Garvey WT. Diet, insulin resistance, and obesity: zoning in on data for Atkins dieters living in South Beach. *J Clin Endocrinol Metab* 2004;89:4197-4205
50. Lee TH. Ask the doctor. In early July, the New York Times Magazine published an article that had good things to say about the Atkins high-protein diet. It also claimed that low-fat diets might be harmful. This shocked many of us who have been following a low-fat diet to reduce our risk from heart disease. Have we been barking up the wrong tree all these years? *Harv Heart Lett* 2002;13:8
57. Miller NE. The evidence for the antiatherogenicity of high density lipoprotein in man. *Lipids* 1978;13:914-919
65. Ornish D. Serum lipids after a low-fat diet. *Jama* 1998;279:1345-1346
68. Ornish D. Dean Ornish, MD: a conversation with the editor. Interview by William Clifford Roberts, MD. *Am J Cardiol* 2002;90:271-298
70. Ornish D. Was Dr Atkins right? *J Am Diet Assoc* 2004;104:537-542
76. Parker B, Noakes M, Luscombe N, Clifton P. Effect of a High-Protein, High-Monounsaturated Fat Weight Loss Diet on Glycemic Control and Lipid Levels in Type 2 Diabetes. *Diabetes Care* 2002;25:425-430
91. West CE, Sullivan DR, Katan MB, Halferkamps IL, van der Torre HW. Boys from populations with high-carbohydrate intake have higher fasting triglyceride
levels than boys from populations with high-fat intake. *Am J Epidemiol* 1990;131:271-282


93. Wolever TMS, Mehling C. Long-term effect of varying the source or amount of dietary carbohydrate on postprandial plasma glucose, insulin, triacylglycerol, and free fatty acid concentrations in subjects with impaired glucose tolerance. *Am J Clin Nutr* 2003;77:612-621


Books


Atkins, Robert C. *Dr. Atkins’ new diet revolution.* New York: M. Evans, 1992


Critser, Greg. *Fat land: how Americans became the fattest people in the world*. Boston, Mass., 2004


