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## Media Release

### Study confirms – low glycaemic load and low insulin levels play a major role in losing stubborn body weight

It's been a conundrum for many people trying to improve their health for years; why can't I lose weight when I eat a low-fat diet? Nutrition experts hear this question all the time. Now the findings of a new study have confirmed what some nutritionists have been telling clients for a long time.

A study published in the May issue of the *Journal of the American Medical Association* has confirmed that a diet including healthy fats and excluding high-glycaemic load carbohydrates, may help people who secrete insulin at higher levels lose more weight.

The study found those with higher insulin levels lost nearly five times as much weight on a healthy low-glycaemic load plan than on a low-fat plan, dropping 5.8 kilograms in 18 months compared to just 1.2 kilograms.

The new study described the results as helping to explain why a person's rate of insulin production – and not dedication to a diet – can determine their weight loss success.

Cara Ebbing, co-director of obesity research at the Children's Hospital in Boston and her colleagues, followed 73 obese young adults – ages 18 to 35 – during a six month intervention and then over twelve months of follow up. In relation to the findings of the study, Cara said, "differences in insulin secretion are at least part of the reason why some overweight people don't have success with low-fat diets."

She also recommends, "Overweight people who can't lose weight, or keep it off on a traditional low-fat diet, might do better on a low-glycaemic load diet. A low-glycaemic load diet emphasises carbohydrates with a low-glycaemic index, which refers to the quality of carbohydrates and how fast they are absorbed. Foods with a low-glycaemic index are absorbed more slowly, thus keeping insulin levels more stable."

Nicholas Arthur, Director of Nutrition at Appetite Right™ agrees with this study's recommendations. He says, "Nutrition is a complicated field that rarely provides simple solutions to complex health problems. This study confirms that eating mainly low-fat foods isn't the single answer to weight loss. Rather we should also focus people's attention on the need to control hormones like insulin and glucagon by choosing healthy low-glycaemic load foods. People of all body sizes need to understand the significant health benefits of eating a well balanced diet, including foods rich in healthy fats, healthy carbohydrates and high quality protein."

"The Appetite Right program already incorporates the conclusions drawn from this study, and helps people understand what foods control the hormones insulin and glucagon in their body. We help people find their path to a healthier life and attain permanent healthy weight management."

"We give overweight people the opportunity to participate in a proven healthy lifestyle and healthy weight loss plan that delivers them a genuine chance for a healthier future."

"To lose weight, people must understand basic information about nutrition and exercise; they will also need to change their thinking. Successful weight management is about making a balanced lifestyle change. It's not going to happen by relying on diet after diet to lose weight."

### For further comment, or information on the Appetite Right™ program please contact:

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