



The Low-Carb Fraud

T. Colin Campbell , Howard Jacobson (With)

Download now

Read Online ➞

The Low-Carb Fraud

T. Colin Campbell , Howard Jacobson (With)

The Low-Carb Fraud T. Colin Campbell , Howard Jacobson (With)

By now, the low-carb diet's refrain is a familiar one:

Bread is bad for you. Fat doesn't matter. Carbs are the real reason you can't lose weight.

The low-carb universe Dr. Atkins brought into being continues to expand. Low-carb diets, from South Beach to the Zone and beyond, are still the go-to method for weight-loss for millions. These diets' marketing may differ, but they all share two crucial components: the condemnation of "carbs" and an emphasis on meat and fat for calories. Even the latest diet trend, the Paleo diet, is—despite its increased focus on (some) whole foods—just another variation on the same carbohydrate fears.

In *The Low-Carb Fraud*, longtime leader in the nutritional science field T. Colin Campbell (author of *The China Study* and *Whole*) outlines where (and how) the low-carb proponents get it wrong: where the belief that carbohydrates are bad came from, and why it persists despite all the evidence to the contrary. The foods we misleadingly refer to as "carbs" aren't all created equal—and treating them that way has major consequences for our nutritional well-being.

If you're considering a low-carb diet, read this book first. It will change the way you think about what you eat—and how you should be eating, to lose weight and optimize your health, now and for the long term.

The Low-Carb Fraud Details

Date : Published February 25th 2014 by BenBella Books (first published October 22nd 2013)

ISBN : 9781940363097

Author : T. Colin Campbell , Howard Jacobson (With)

Format : Hardcover 96 pages

Genre : Health, Nonfiction, Nutrition, Food and Drink, Food, Diets, Vegan

 [Download The Low-Carb Fraud ...pdf](#)

 [Read Online The Low-Carb Fraud ...pdf](#)

Download and Read Free Online The Low-Carb Fraud T. Colin Campbell , Howard Jacobson (With)

From Reader Review The Low-Carb Fraud for online ebook

Ranon Spinner says

I liked The China Study and the science behind it but didn't find this book very convincing. Low-carb isn't a fraud; different approaches work for different people.

Goran Ov?ari?ek says

The Low-Carb Fraud sounds like an angry scientist's rant and indeed it really is. But with a good reason. Years and years of research that this man did came only with a fragment of media hype that low-carb proponents get, that's probably enough to unnerve anyone. Especially, when you think (Campbell would use the word 'know') they're completely wrong. To be fair, the language he uses to attack Taubes and others gives that special flavour to this book. One you don't often get to read from distinguished scientists.

His reasoning is sound. His arguments, though at times lacking, are mostly supported with references. And what he says actually makes sense. As carbohydrate based creatures, I don't see how we could benefit from a low-carb diet. And eating fresh, whole food is always better than eating industrially processed foods. That much is clear.

His attack on paleo diet is a bit shaky though. Instead of emphasizing, as positive, the broader scope of Cordain's study, as opposed to the Lee's 1968 study, and actually including fish in the animal based food category of human fodder (I never understood why people excluded fish from the meat category?), he seems to take them as somewhat negative. And emphasizing critique from Katherine Milton (the assertion that modern day hunter-gatherer societies cannot represent accurately past hunter-gatherer societies) is just hypocritical (on the account that anthropologists and historians constantly view today's tribes as a window to the past). And what's more, it's completely beside the point as it does not negate the findings of the study (which is Campbell's own straw man fallacy he uses to demolish Taubes).

But, nevertheless, this book explicates things that need to be explicated. It highlights the fallacies and wrong-doings of poor science, or rather, misrepresentations and misinterpretations of science, which sadly and quite unnervingly (as evidenced by the author) dominate the mainstream media and, consequently, the viewers opinions. So, in that respect this book, is a really good read and a good recommendation. If only Campbell had toned down advocating his own diet and stuck to exposing 'the low-carb fraud', this book would have been even better. But, on the other hand, people love solutions, which is what Campbell thinks his diet offers.

Vita says

First of all, I do not think that low-carb diets are healthy just like I do not consider only-plant-based diets suitable for human beings. It's true that *"health—not just short-term, unsustainable weight loss, but true, lasting, vibrant health—whether it be for individual people, for entire societies, or for the planet, is the goal to which we all should aspire"*. And I tend to agree with both T. Colin Campbell and Michael Pollan that blaming one single nutrient for the obesity epidemic or health issues is a wrong approach. However,

Campbell promotes the infamous Graham's 80/10/10 diet as the healthiest one and here I am inclined to strongly disagree.

This book is rather disappointing. The author provides no evidence for his claims of „disastrous health effects“ of high fat diets. It's merely his opinion, yet it's claimed to be the fact. The theories and propositions of this book are based on Campbell's reputation (and the fame that China study has brought him) and nothing else. Some of the facts are twisted to accommodate author's theories. In the book you will find claims like „*evidence from many other studies shows that*“ yet there are no studies mentioned, and claims following “*to my knowledge*” yet once again it's not quite clear what he bases his knowledge on.

The author blames Gary Taubes (the author of Good Calories, Bad Calories) for „*falsely representing the definition of a low-fat diet as well as its alleged health effects*” and I truly hope he sees the irony in his claim as T. Colin Campbell does not even try to get a definition of low-carb diet correct in this book. Campbell contrasts his 80/10/10 vegan diet with animal-based diet but unfortunately, he goes to the extremes and holds that people eating animal protein do not consume any plants, vegetables or fruit at all. I am not even sure how to react to a such clearly wrong notion of a low-carb diet.

Also, it's quite disappointing to see a respectable doctor constantly use argumentum ad hominem in this book to undermine the claims of other diets and other authors, but then again the book is intended for the masses who do not question the suitability of PhD title as the main evidence. The author is not immune to using straw man fallacies in his work either.

“*[W]hen details are spun into a false narrative to support a diet with unpleasant side effects and serious long-term consequences, it's time to sound the alarm, loud and clear.*” Indeed it is. Unfortunately, Campbell fails to mention the horrible long term effects 80/10/10 diet has on one's health.

The author believes this book will change your opinion of low-carb diets. The only opinion of mine that it has changed was one of Mr. Campbell.

Evan says

T. Colin Campbell's anti-"Paleo" diet screed is a poorly edited, poorly written attempt to promote his own vegan diet.

For reasons unknown, Campbell sees a diet dichotomy between animal protein- and plant protein-based diets. He repeatedly states that the evidence for whole food, plant-based diets is "clear and overwhelming," but just as repeatedly fails to provide any sources for this opinion. He repeatedly demonizes and assails the layperson, as if no one without a PhD or MD could possibly learn organic chemistry or nutrition. He (un?)intentionally confuses various diets, lumping Atkins together with Paleo. He does not discuss fat adiposity or absorption, or high-fat vegetables, or, really, physiology.

Most people with some background on the subject of nutrition or physiology would agree that "whole foods" are better than processed foods, and that vegetables and fiber are important parts of any diet. However, nutrition debates are broader than that; Campbell doesn't seem to want to acknowledge the breadth of studies or the shortcomings in his own China Study. He doesn't address the legions of people who have reversed diabetes with LCHF diets. He's willfully ignorant of the literature. It's a strange, difficult-to-believe, thankfully brief little essay. Skip it.

Katie says

A nice (short) review of scientific literature surrounding low-carb, low-fat, and plant-based diets. Should be read after The China Study and Whole.

Heather Harris says

So far this book seems to be written by an angry scientist. The fact that a journalist (Gary Taubes) is getting credit for 'uncovering the greatest diet scam' to date, seems to really push a button for Campbell. I am looking forward to what he provides next....

This book just keeps getting worse. He blames the public for misunderstanding him and his colleagues original message. If the whole public has it wrong I don't think they are the problem.

Dickie says

Excellent. A very well reasoned, clearly documented presentation. I was a little disappointed that about 8% of the content was a preview of another book by the author that I have already read. I have read reviews of this book by others critical of the lack of evidence for Campbell's position and have to disagree with those reviewers. I think reading the material referenced in the notes will provide adequate evidence.

Megan says

A short book, but it packs a lot of information in it. What I found most interesting was the way some people slant research results, or even the way they research in the first place. This is something that everyone should know and lookout for when viewing different research outcomes.

Julie says

Eating a healthy diet has always been a challenge, but recently, it's been difficult to even know what is a healthy diet. Eat more meat. No, don't eat meat, eat less fat. Potatoes and pasta are good. No, they're bad. And now we know that our old standby, the food pyramid, was influenced by the meat and dairy industry. So what should we be eating?

One of the more popular diet trends these days is the Paleo Diet, which is really an updated high-protein, low-carb diet, with the majority of calories coming from animal protein. People swear by it, and I can see the rationale that our bodies haven't evolved that much since we lived in caves. But, did cave men have long disease-free lives? I find it hard to believe that eating so much beef and bacon can possibly be good for our hearts or guarantee a cancer-free existence. T. Colin Campbell does a good job of debunking many of the 'facts' behind the science of why these low-carb diets are good for you. What I found most compelling is that

each of these fad diets has a HUGE business behind it. The weight loss industry is over \$20 billion and everyone wants a slice of that pie.

Although listening to this book, did not completely answer my question of what is a healthy diet, it is essential that we educate ourselves on the science and politics of nutrition today. This book is a great place to start.

Overall I found this audiobook to be concise, very understandable, a good mix of science and practical application, and easy to listen to with a strong narration by Don Hagen. My one regret is that this book is very specific and really only answers the question of why the low-carb diets look appealing but are really harmful, and barely touches on the bigger issue of what we should be eating and why. But I see that Campbell has another book out *Whole: Rethinking the Science of Nutrition*. Definitely adding that to my listening list!

Allegra S says

Work read.

Short essay on the merits and downfalls of the low-carb diet, as well as rebuttals against typical arguments against the low-fat diet. If you are interested in this line of nutrition and wish to give some information to a friend or colleague, this short book would give them complete answers to many of their questions and potentially lead them to read further into the subject.

He also includes a brief section on the paleo diet, as well as an excerpt from his book *Whole*.

AJ says

Could be more accurately titled "All of the Ways in Which Gary Taubes Sucks." Don't get me wrong, I find Taubes's works to be full of bad science and fat-shaming nonsense, but that's not why I picked up this book. In fact, I don't really know why I picked up this book, but I figured it would be an interesting read coming from the author of *The China Study*.

I find Campbell's arguments against "low-carb" diets to be reasonably well-stated and probably completely valid, however, I could have lived without all of the fat-shaming and "obesity epidemic" rhetoric. No study, ever, in the entire universe, has shown a way that people can permanently lose weight in a healthy manner. Losing weight, as Campbell does say in like one sentence, isn't even as important as being healthy. And people can be healthy at any weight. I highly dislike how that fact always seems to get lost in books about eating well.

All in all, this is a quick read and sort of seems like a little brochure encouraging the reader to pick up copies of Campbell's other books. Not bad if you have an hour or so to kill, but not necessarily highly recommended.

Julie says

Guess what? Carbs are good for you.

Campbell says that if you eliminate or limit carbs, you are eliminating or limiting all plant foods, since carbs come exclusively from plants. Study after study (exhaustively annotated) find that the healthiest diet humans can eat is one that is heavy in vegetables (esp. leafy greens), and very light in animal flesh.

Sadly, Campbell didn't find that a diet rich in Entenmann's snack cakes is at all healthy.

This is only 52 pages long, with an appendix and end notes approximately as long. A quick read, but nothing earth-shaking (diet-wise) that common sense wouldn't have told you already.

Ola says

If you've read Gary Taubes, you should read Colin T. Campbell too. Asap.

Micah Stott says

Ever wonder why diets that are diametrically opposed seem to get the exact same results? Or at least make similar claims? So how do both sides claim they are superior at decreasing heart disease, cancer and type 2 diabetes among adherents and which side does the research really support?

Campbell's "Low Carb Fraud" is a very succinct and well documented opposing viewpoint to the Atkins/Paleo/high protein diets. You can read this book in one sitting and understand the Whole Foods Plant Based stance on diet and nutrition. If you are paleo or researching paleo this is a great book to give you perspective from the other side of the argument. If you are already eating a WFPB diet this summarizes the research behind that diet well.

Campbell is a heavyweight, he knows the studies well as he's played an integral role in some of the most prominent scientific discoveries of diet and nutrition in our lifetime. This is a must read no matter what your current views are.

Spook Harrison says

LOVED it. Just as Michael Pollan's Omnivore's Dilemma was distilled down to Food Rules, The Low-Carb Fraud cuts right to the essentials and delivers irrefutable facts in comprehensive language. I remember reading the Taubes book Campbell refutes for the most of this book, and I think Campbell does a stellar job of presenting the whole picture instead of the slanted one we're used to getting from EVERYWHERE else. If I ever teach a nutrition class, this book will be on the required reading/discussion list!
