
atkins As Low-Carb Craze Wanes, Atkins Revamps Its Diet

Posted by Preesi - 2008/11/17 08:51

Updated: 02:43 PM EST As Low-Carb Craze Wanes, Atkins Revamps Its Diet NEW YORK (March 23) - Atkins Nutritionals, which championed a dieting craze that made millions of Americans shun bread and other carbohydrates, wants a do-over. As the low-carb fad fades, Atkins has altered its net carbs method by using parts of the latest trend from Europe

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Posted by Cubit - 2008/11/17 08:51

using a bogus calculation (of net carbs). Now it is, apparently, going to sell same trash products, using just as bogus calculation (glycemic index, according to the article). My guess is that the experts are wrong in guessing that this change is happening due to changing consumer dieting preferences towards different types of diets. I think that the real reason for this switch is that the net carb fraud became too notorious. Too few people believe in net carbs, and this fraud will probably soon be banned by the government food agencies. Hence the preventive action by Atkins nutritionals. Glycemic index calculation is even more nebulous than net carbs, and is very easy to fake and lie about without the fear of being successfully sued. Unlike carb counts, which are at least based on objective lab tests, glycemic index is based on blood sugar response of human subjects. That response is variable and depends on the person. So, all they have to do to fudge the numbers is find the human subjects with the least response. For a pdf of a good critique of Glycemic index, check out <http://igor.chudov.com/tmp/gi.pdf>

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Posted by wendy - 2008/11/17 08:51

Rather than the glycemic index, perhaps a label indicating glycemic load would be useful for some. People don't stay on diet period. It doesn't matter which one.

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Posted by Polar Light - 2008/11/17 08:51

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Posted by Homebrewer Kevin Martin - 2008/11/17 08:51

Atkins, as consumers have dismissed it as a fad that got rid of weight at first, but was unsustainable. What Atkins is saying is that this is the new way of doing things, which is the same as saying the old way wasn't that good, said Bob Goldin, executive vice president with food industry research firm Technomic. They're so well identified with net carbs that it may work against them because it can confuse people. The aura has definitely left Atkins, so they're a lot less valuable as a corporate partner, he added. About 26 percent of Americans are trying to shed weight, 4 percent of those on a low-carb diet

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Posted by warehouse - 2008/11/17 08:51

would be useful for some. People don't stay on diet period. It doesn't matter which one. Are you a fatalist, faddist or fatist?

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Posted by equinox - 2008/11/17 08:51

People don't stay on diet period. It doesn't matter which one. Are you a fatalist, faddist or fatist? What's the problem? It's true. People don't stay on diets.

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Posted by warehouse - 2008/11/17 08:51

People don't stay on diet period. It doesn't matter which one. Are you a fatalist, faddist or fatist? What's the problem? It's true. People don't stay on diets. Prove it.

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Posted by Carol Frilegh - 2008/11/17 08:51

People don't stay on diet period. It doesn't matter which one. Are you a fatalist, faddist or fatist? What's the problem? It's true. People don't stay on diets. Many people do not realize that one a diet ends and food intake and exercise are no longer observed, weight changes. Those who are determined to protect favorable changes DO continue to give attention to their diet.

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Posted by wendy - 2008/11/17 08:51

People don't stay on diet period. It doesn't matter which one. Are you a fatalist, faddist or fatist? What's the problem? It's true. People don't stay on diets. Prove it. Take a look on pubmed for a number of studies on the subject. Up to 95% of people gain back every pound they lost on their diet, plus most gain back more.

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Posted by Gloria - 2008/11/17 08:51

Guess that I'm just No body? I gained about 17 lbs in OVER 20 years after losing OVER 100 lbs. No diet but just cutting back but NOW I'M trying to lose this few i gained in MANY YEARS! Steroids was my weight gain cause:(I'll take these few off and I'll KEEP them off! glo

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Posted by warehouse - 2008/11/17 08:51

back more. Sorry Wendy, nice try. Doesn't do much to bolster Equinox's gratuitous assertion. BTW, how much do you weigh and how long have you been using that excuse for staying fat?

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Posted by wendy - 2008/11/17 08:51

Sorry Wendy, nice try. Doesn't do much to bolster Equinox's gratuitous assertion. BTW, how much do you weigh and how long have you been using that excuse for staying fat? You might want to take a look at <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&....> Then click related links in the upper right hand corner. And we know there's no excuse for people like you.

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