

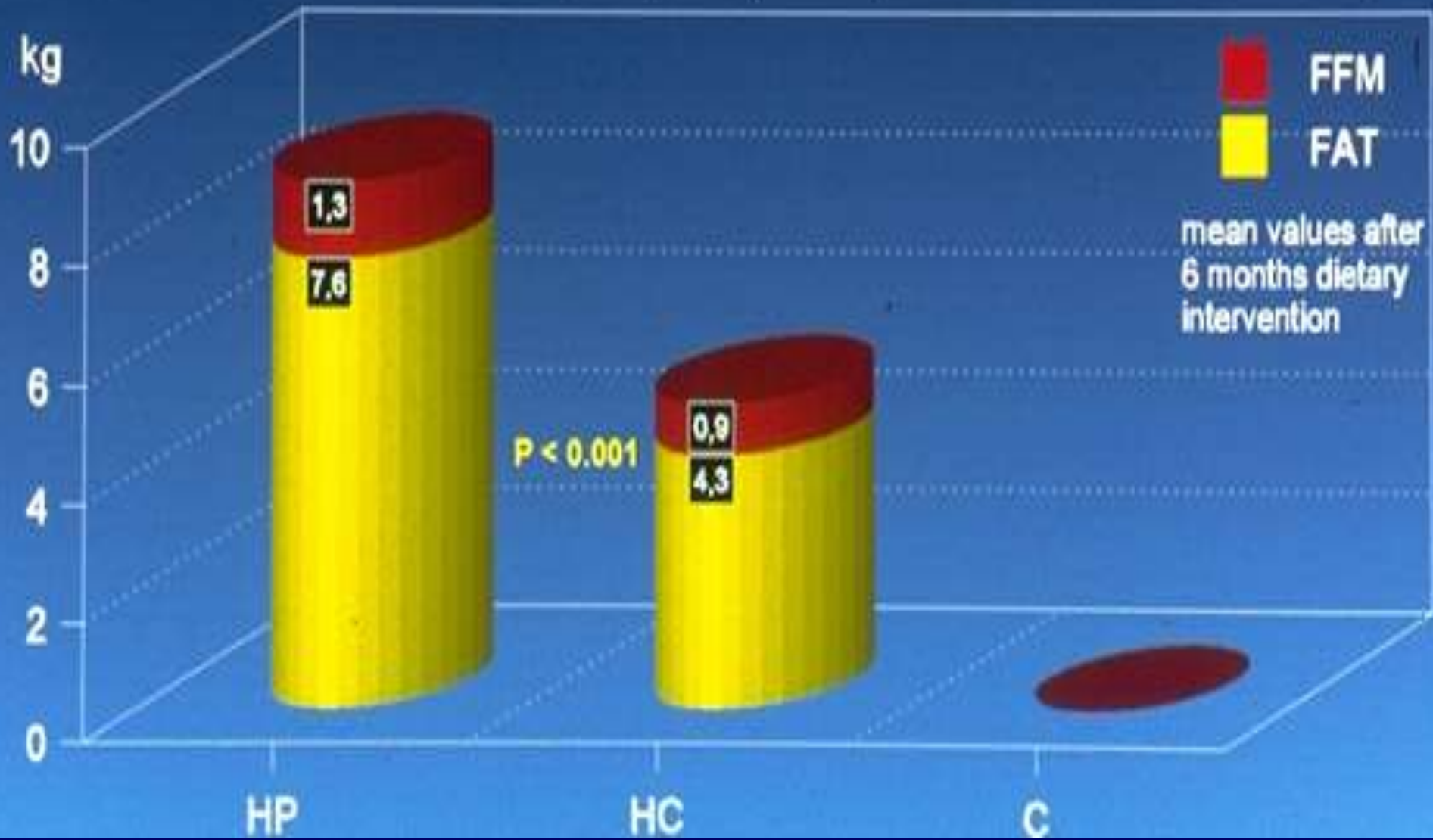
# Can more protein improve weight loss ?



or

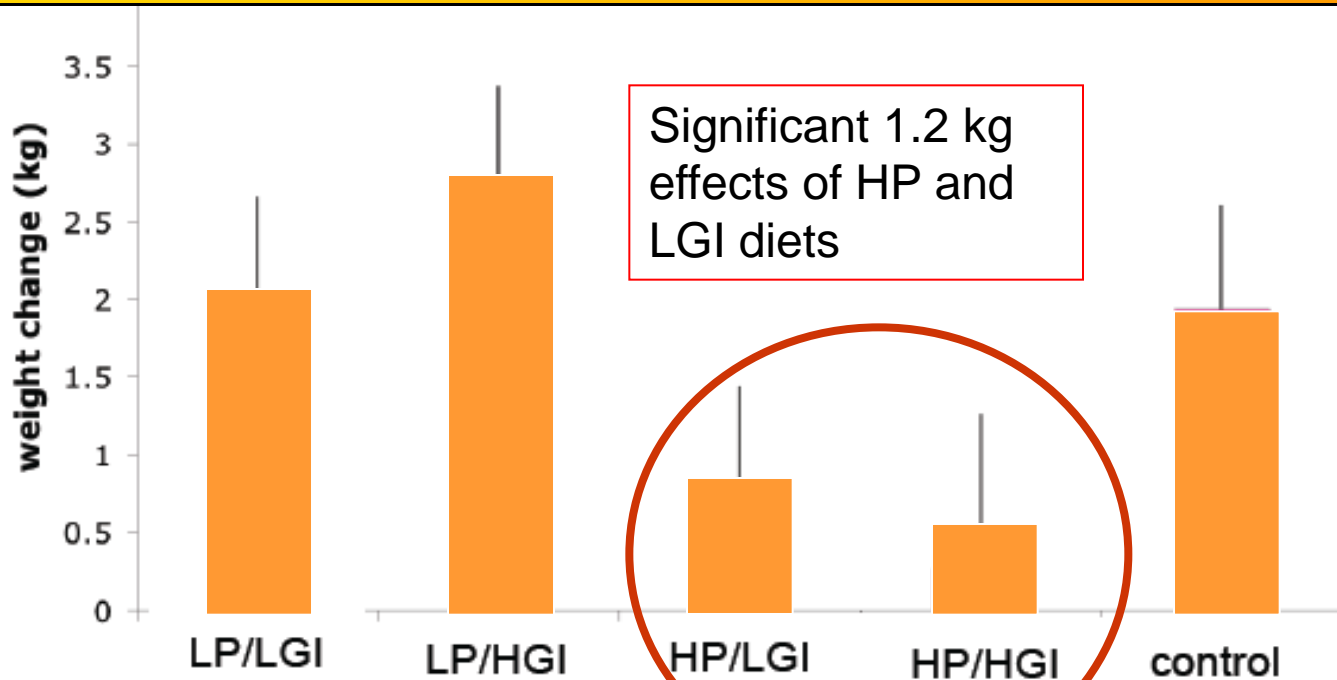


# (Body composition)



Skov et al. Int. J. Obes 1999;23:528-536

# 6 Months weight regain after 12% weight loss



**Figure 1: Weight maintenance (in kg) on the different diets**

Mean  $\pm$  SE, n = 773

Factorial ANOVA with BMI, gender and initial WL as covariates: main effect of dietary protein content (P) P = 0.006, no main effect of GI or P\*GI interaction.



## Protein, weight management, and satiety<sup>1–4</sup>

*Douglas Paddon-Jones, Eric Westman, Richard D Mattes, Robert R Wolfe, Arne Astrup, and Margriet Westerterp-Plantenga*

### ABSTRACT

Obesity, with its comorbidities such as metabolic syndrome and cardiovascular diseases, is a major public health concern. To address this problem, it is imperative to identify treatment interventions that target a variety of short- and long-term mechanisms. Although any dietary or lifestyle change must be personalized, controlled, and

also demonstrated that a diet with a lower proportion of carbohydrate improves glycemic control in both healthy individuals and type 2 diabetic patients and can lead to improvements in fasting triacylglycerols, HDL cholesterol, and the total cholesterol-to-HDL ratio over a 6- to 12-mo period (7, 8). However, weight loss and maintenance are possible with either a low- or high-

### Review

## The Effects of High Protein Diets on Thermogenesis, Satiety and Weight Loss: A Critical Review

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**Key words:** high protein diets, thermogenesis, satiety, body weight, fat loss

For years, proponents of some fad diets have claimed that higher amounts of protein facilitate weight loss. Only in recent years have studies begun to examine the effects of high protein diets on energy expenditure, subsequent energy intake, and weight loss as compared to lower protein diets. In this study, we conducted a

Dear Ms. Davis and the Dietary Guidelines Advisory Committee,

A systematic and objective critical review of the literature indicates that the totality of the currently available epidemiologic evidence is not supportive of a causal association between red meat consumption and cancer, including colorectal cancer. *Specifically, findings from the*

*Summary of Key Points*

- *WCRF/AICR omitted key studies for colorectal cancer in their report*
- *Numerous data extraction errors and analytical inconsistencies were identified in the WCRF/AICR report*
- *The WCRF/AICR judgment for red meat and colorectal cancer is not supported by the totality of epidemiologic evidence*
- *The WCRF/AICR criteria to make “judgments” on causal associations is not consistent with established scientific guidelines*
- *Collectively, the large majority of associations between red meat and colorectal cancer are weak, not statistically significant, and likely influenced by bias and confounding*

Dominik D. Alexander, PhD, MSPH  
Senior Managing Scientist, Epidemiology  
E<sup>x</sup>ponent, Inc.

The World Cancer Research Fund's (WCRF's) 2007 review of food, nutrition, physical activity, and the prevention of Cancer (WCRF2) (1) does not appear to have been reviewed yet in the Journal, but its conclusions must have an effect on nutritional advice around the world. I have found that there are omissions and errors in its most controversial section, which discusses red meat and colorectal cancer, and the AJCN, one of the leading nutrition journals, would seem the best place to air these concerns.

*A Stewart Truswell*

The University of Sydney  
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# Errors found in cancer report

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*Epidemiological report contained errors and omissions and drew a causal link between eating red meat and cancer using inaccurate and incomplete databases.(7/31/2009)*

## **Rod Smith**

- THE epidemiological study that came out two years ago and declared that there was "convincing" evidence to link consuming red meat with cancer -- specifically colorectal cancer -- was flawed, and now, the author of the report has admitted it and has promised to write a letter to the U.S. Department of Agriculture saying so.
- The study, an intense literature review of previous studies -- a study of studies -- was conducted by the World Cancer Research Fund (WCRF) and American Institute of Cancer Research (AICR) and recommended that the consumption of red meat (beef, pork, lamb) and processed meats should be limited to 18 oz. per week due to the cancer link (*Feedstuffs*, Nov. 5, 2007).