

# My op-ed in WSJ: Evidence does not show that low-carb diets shorten life

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September 12, 2018

My op-ed in the WSJ today, responding to the study claiming that the low-carb diet shortens life.

The U.S. government's nutrition advice since 1980 has mainly been to increase consumption of carbohydrates and avoid fats. Despite following this advice for nearly four decades, Americans are sicker and fatter than ever. Such a record of failure should have discredited the nutrition establishment. Yet defenders of the nutrition status quo continue to mislead the public and put Americans' health at risk.

## THE WALL STREET JOURNAL.

OPINION | COMMENTARY

### *Carbs, Good for You? Fat Chance!*

Dietary dogma's defenders continue to mislead the public and put Americans' health at risk.

By Nina Teicholz  
Sept. 11, 2018 6:36 p.m. ET

195 Comments

A widely reported study last month purported to show that carbohydrates are essential to longevity and that low-carb diets are "linked to early death," as a USA Today headline put it. The [study](#), published in the Lancet Public Health journal, is the nutrition elite's response to the challenge coming from a fast-growing body of evidence demonstrating the health benefits of low-carb eating.

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