Fat Vs Sugar, the Debate

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Obesity will remain as one of the most interesting sciences for scientists.

They debated years and years about its details, one of the most controversial debates was about SUGAR and FAT, the question was always: Which one of them is responsible for weight gain?.

Some scientists believe that FAT and calories quantity are the main cause of weight gain. They have built up this view for many years. They believed that if we reduce calories entering our bodies and increase calories consumption by exercise, this will be the only way to lose weight.

This theory was adopted by those American scientists; they designed many ”low-calorie-low-fat” diets like food pyramids diets and TLC diets.

By following a diet caps the percentage of calories you take from fat, and also places limits on sodium, dietary cholesterol, and total calories [1], that would be a great way to lose weight, according to their opinion.

On the other hand, another painstaking scientists believe that FAT is innocent, and SUGAR is the main reason for weight gain, it's the quality of calories and not the quantity of them. They searched a lot and found that when trying to reduce calories and reduce the amount of fat, the body may lose some kilograms in weight, but sooner or later many negative symptoms began to observe like general fatigue, boring and lack of enthusiasm. Sometimes it's ended by a significant increase in appetite after a period of time, turning down the weight to rise again, even much more than before [2].

The solution here is to concentrate on the quality of calories, to decrease SUGAR and carbohydrates, eat only low glycemic-index foods and allow the body to be satisfied with the rest of nutrients such as proteins, fat and others. This will gratify the body, reduce the feeling of hunger and then losing weight smoothly happens [3].

During my continuous journey for more than 13 years in the field of dietetics trying to help people losing weight in my dietitian clinic, I noticed lots of obstacles and disappointments facing my patients trying to lose their weight, by the time I started to notice that the reason is nothing but “SUGAR”!

At that time, I began to apply the theory of eliminating sugar and starches completely from my patients diet, encouraging them to increase the natural beneficial fats as well as proteins in their food, I found significant changes in the response of patients and their ability to control their appetite, they were able to lose weight in much easier way without any fatigue or frustrations.

Some side effects can be occurred during fat and protein dependent diets such as constipation, uric acid rise and high cholesterol levels, so I recommend drinking plenty of water, eating lots of fibres and

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vegetables, preventing the use of harmful fats like margarine and hydrogenated oils and rely more on fish, nuts and Legumes. The theory's (FAT-QUANTITY vs. SUGAR-QUALITY) will remain as a big debate among nutritionists, with my bias that SUGAR is not only the first accused of weight gaining and obesity, but also its one of the main causes of other diseases such as diabetes, hypertension, stress, depression, heart diseases and many allergic reactions.

References