

1. [Body composition/health in gluten free diet](#) improves
2. [Body composition on low-carb diet](#) improves
3. [LFHC diets increase triglycerides](#)
4. [LFHC diets increase triglycerides](#)
5. [Gluten & gut health](#)
6. [LCHF diets are better for body composition](#)
7. [Low carb diets are more effective at weight loss than conventional weight loss diets](#)
8. [Carbohydrate restriction in obese people yields most weight-loss](#)
9. [Improvement of all health markers on low-carb diet](#)
10. [Improvement of all health markers on low-carb diet](#)
11. [People with diabetes type 2 should switch to a low carb, keto diet](#)
12. [Increased blood glucose control in diabetes type 2 patients on a low carb, high protein diet](#)
13. [Low carb, ketogenic diet reduce appetite and total caloric intake](#)
14. [The effectiveness of a carb restricted diet in improving body composition and glycemic control \(blood sugar\)](#)
15. [Advanced glycation end products impair vascular function](#)
16. [AGE caused by high-carb diets linked to neurodegenerative diseases like Alzheimer](#)
17. [Polyunsaturated fats \(plant-based\) are worse than saturated fats](#)