

Controlling your risk: facts about high protein diets

Get all the facts first! A high protein diet limits your food choices.

- **The National Cancer Institute** recommends that you eat a diet high in fruits, vegetables, and fiber to decrease your risk of cancers. All these are limited in a high protein diet.

- **Eat more** fruits, vegetables, low fat dairy products, and grains to help lower high blood pressure. They provide key minerals such as potassium, calcium, and magnesium.



- **Carbohydrates** keep fluid in your body. Leaving them out of your diet allows you to lose “water weight”. You may become dizzy, faint, or easily dehydrated in hot weather. Your blood pressure may drop too low when you stand up (postural hypotension).



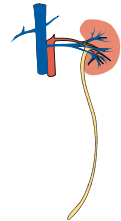
- **Complex carbohydrates** promote endurance during strenuous exercise. They are not part of the high protein diet, so reduced athletic performance may be the result.



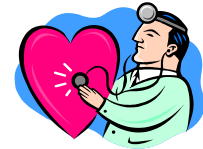
Cut calories to lose weight. It is easy to become bored with the same few foods allowed in this diet. You may end up bingeing on foods higher in sugar and carbohydrates. Learning to manage portion sizes allows you to eat all the foods you like.



- **High protein diets** increase uric acid and may cause kidney stones. Surgery or laser treatments may be needed to remove them.



- **Cholesterol** is made up of HDL, LDL, and triglycerides. High HDL cholesterol is protective. HDL is lowered by eating foods with “bad” fats (meat and fat dairy foods). High LDL cholesterol is bad for you. LDL is increased by eating foods with “bad” fats. A high protein diet is doubly bad for your cholesterol!



- **Eating too much protein** causes you to lose calcium in your urine. Calcium is needed to make and keep your bones strong. Weak bones (osteoporosis) may lead to broken bones.

