

High-Protein Diets Can Have Surprising Results

Some diets bring more dramatic results than others. In fact, studies show high-protein meat-heavy diets can increase one's risk of osteoporosis, kidney disorders, and possibly even colon cancer. The healthiest diets are high in fiber, low in fat, rich in fruits and vegetables, and free of animal products. So if you've been considering one of those all-you-can-eat meat diets, think again. You've got more to lose than weight.



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