

## Keto and low-carb, high-fat diets linked to heart disease in new study

A low-carb, high-fat “keto-like” diet may be linked to higher levels of “bad” cholesterol and double the risk of cardiovascular events such as blocked arteries, heart attacks and strokes, according to new research.

“Our study found that regular consumption of a self-reported diet low in carbohydrates and high in fat was associated with increased levels of LDL cholesterol – or “bad” cholesterol – and a higher risk of heart disease,” lead study author Dr. Iulia Iatan with the Healthy Heart Program Prevention Clinic, St. Paul’s Hospital and University of British Columbia’s Centre for Heart Lung Innovation in Vancouver, Canada, said in a news release.

“This study provides an important contribution to the scientific literature, and suggests the harms outweigh the benefits,” said Christopher Gardner, a research professor of medicine at the Stanford Prevention Research Center who has [conducted clinical trials](#) on the keto diet. Gardner was not involved in the study.

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In the study, researchers defined a low-carb, high-fat (LCHF) diet as 45% of total daily calories coming from fat and 25% coming from carbohydrates. The study, which has not been peer reviewed, was presented [March 5] at the [American College of Cardiology’s Annual Scientific Session Together With the World Congress of Cardiology](#).

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