

**UNIVERSITI TEKNOLOGI MARA  
CAWANGAN TERENGGANU  
KAMPUS DUNGUN**

**FACULTY OF HOTEL AND TOURISM MANAGEMENT**

**ATKIN DIET: THE BENEFITS AND WEAKNESSES**

**NOOR SHAHIRAH BINTI AZLAN (2014830264)**

**SITI JAMILAH BINTI MOHAMAD DAUD (2014215324)**

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## ABSTRACT

Obesity become a crucial health problem and it can lead to a many critical disease. This number is suspected to be increased, yet, at any given time, roughly 45 percent of women and 30 percent of men in United States are trying to reduce their body weight. Steward (1995) in his study identified that there are several ways to help these people to approach their normal weight management as suggested by previous research and medical like low carbohydrate diet, low fat diet, energy deficit diet. Among from that lists, low carbohydrate diet, high protein diet, high fat diet have become popular with many high selling diet books suggested this approach. However, Atkin diet become the most preferences choice of people as their method to loss their weight. Since Atkin book are launched during 1973, it really get a high demands from people. Therefore, with all controversies regarding the diet, the key question is whether or not Atkins diet is a good losing weight diet? The purpose of the study is to give insight on benefits and weaknesses of Low Carbohydrate Diet. However, this study will only focusing on Atkins Diet as it is the most popular Low Carbohydrate Diet . Researchers using secondary data to completed this research by using previous journal and article that had been done by academician around the world. Even though many people are succeed to lossen their weight by using this Atkin diet, but they have to realize that they have to bear with the consequences as well. In this research, researchers trying to highlight the benefits of this Atkin diet and the weaknesses of it.

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## CHAPTER 1: INTRODUCTION

Obesity has become an important public health issue because of its high prevalence and increase in risk of cardiovascular disease, type 2-diabetes and metabolic syndrome. In 2005, there are roughly 937 million overweight and 396 million obese people in this world (Kelly et. al., 2005). This number is suspected to be increased, yet, at any given time, roughly 45 percent of women and 30 percent of men in United States are trying to reduce their body weight (Foster et. al., 2003). Even though they making their effort to get a balance weight, obesity tend to double in the past 20 years as stated in Flegal et. al. (2002) and become a major health problem.

Steward (1995) in his study identified that there are several ways to help these people to approach their normal weight management as suggested by previous research and medical like low carbohydrate diet, low fat diet, energy deficit diet. Among from that lists, low carbohydrate diet, high protein diet, high fat diet have become popular with many high selling diet books suggested this approach. However, Atkin diet become the most preferences choice of people as their method to loss their weight. In 1973, Atkin's diet book has been published and the number of this book increased rapidly in 1992 and 2002. It said that more than 10 million copies of this book have been sold (Foster et. al., 2003).

There has been increasing interest in the low carbohydrate diet for weight loss and weight management. This is due to low carbohydrate diet has proven to be an effective way for many individuals to lose weight. Therefore, many version of this diet plan exist including Atkin Diet, The South Beach Diet and The Zone Diet (Liebman et. al., 2013). However, the low carbohydrate diet has never been recommended in leading guidelines because there a perception that over intake of dietary fat may lead to an adverse cardiovascular risk profile. This is because the idea that saturated fats will be increased on a low carbohydrate diet as compared to other weight loss regimens as stated in Bazzano et. al. (2012).

The same study also stated that some professional organizations like American Dietetic Association has even cautioned against the practices of low carbohydrate diet. However, recent randomized controlled trials document that low-carbohydrate diet not only decrease body weight but also improved cardiovascular risk factors. Since lowering the quantity of carbohydrate intake decreases total energy intake which is related to obesity, it remains unknown whether the cardiovascular effect of low carbohydrate diet are results of the decrease in dietary carbohydrate or total energy intake (Bazzano et. al., 2012).