

# Carbohydrate Mythology: Problem Handouts



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# Carbohydrate Mythology

## Part 1

You are out for coffee with a bunch of your good friends. After getting updates on everybody's lives, the conversation topic turns to one of dieting. About a month ago your friend Dylan started one of those fad diets that focuses on carbohydrate restriction. He has struggled with his weight in the past and has been told by his doctor that it is imperative that he lose some weight. Dylan is raving about how he has already lost twelve pounds, and encourages the rest of your friends to try cutting carbs if they are looking to shed some weight. As a scientist you are skeptical about the diet, but do not know enough about it to bring up your concerns in the conversation. You and your friends finish your lattes and head home.

### ***Questions:***

1. What are the health risks associated with being overweight or obese?
2. What are the fad diets that focus on significantly reducing carbohydrate consumption?
3. Why do you think Dylan is experiencing 'success' with this diet?
4. Why is carbohydrate intake a critical part of a healthy diet?
5. Is reducing carbohydrate intake a good approach to weight loss?



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## Part 2

Two weeks later, you meet the same group of friends again for coffee. Dylan is starting to look drastically different, and again is raving that he has lost another ten pounds. Over the last two weeks, you have done some research into these carb-cutting diets and the role of carbohydrate intake in overall health. You are growing concerned that your other friends are starting to view Dylan's approach to weight loss as a great way to lose some weight. In addition you are worried that Dylan will not be able to keep the weight off. As such, you are now prepared to add to the conversation and try to tactfully bring up some areas of concern.

### ***Questions:***

1. What are some things you want to consider before you contribute your ideas to this conversation?
2. What would you say to your group of friends? Would you say anything?
3. What nutrients and non-nutrients is Dylan likely lacking in his diet? Why are they important?
4. Will Dylan be successful in maintaining his weight loss?
5. What might be a better approach for Dylan to achieve his ideal weight?

