

Low-Carb May Not Be Heart Friendly



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Research suggests hearts beat better with carbs.

While Instagram feeds are awash with people broadcasting the weight loss benefits of living off butter and steak, there has been little data addressing the impacts of carb-stingy diets on various health measures. Now we have some indication that there is cause for concern.

A study population of nearly 14,000 provided dietary information via questionnaire. Those who indicated less than 45% of their dietary calories came from **carbohydrates** (keto can go below 10%) had an 18% higher risk of **atrial fibrillation** over a two-decade period than those for whom carbs made up 45%–52% of calories, according to a study presented at the 2019 American College of Cardiology’s Annual Scientific Session in New Orleans.

Know atrial fibrillation is no laughing matter. It is a type of irregular heartbeat that can spiral into stroke and heart failure over time. While this research shows an association and does not prove cause and effect, it may be that certain carbohydrates—like whole grains, legumes, and fruits—supply more of the nutrients needed for optimal heart functioning.

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