Carrie Dennett, a registered dietitian nutritionist and owner of Nutrition by Carrie, has been living a low-carb lifestyle for several years. She claims that replacing carbs, particularly animal-based protein and fats, with plant-based protein and fats can lead to weight loss and better health. While many studies have suggested that diets high in saturated fats, such as those found in animal products, can increase the risk of heart disease, there is no strong evidence to support this claim.

The article also discusses the role of carbohydrates in weight loss. Carbohydrates, such as those found in grains and legumes, have been shown to provide energy and promote satiety. However, many low-carb diets are high in protein and fat, which can lead to weight loss and better health. While some studies have suggested that low-carb diets may lead to weight loss, others have found no significant difference in weight loss between low-carb and low-fat diets.

Overall, the article emphasizes the importance of choosing the right foods and not relying solely on dieting to improve health. It recommends that individuals focus on making healthy food choices, such as fruits, vegetables, and whole grains, and limiting the intake of processed foods and sugary drinks. By making these changes, individuals can improve their health and reduce the risk of chronic diseases.