

Radio project Script

ND603

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The Starch Solution

Introduction

Hello, I'm Corey Gustafik and I am a Graduate Student in the MSND Nutrition Science Program here at King's College.

Today, I am talking about a big question in nutrition, are certain diets better than others and if so, why? Specifically, I am talking about the book *The Starch Solution*, by Dr. John McDougal. This book promotes the benefits of a high-starch, low-fat, plant-based diet. It claims that by following this approach, it is key weight loss and countless health benefits. The question is, is this evidenced based? Or is this book just another diet that may work because we are eating fewer calories? I want you to take a dive with me and see what the research says.

Let's begin!

Obesity, diabetes, and other chronic disease are on the rise, and what and how much we eat may play a huge role. But here is the question, which diet is best for preventing these conditions? Debates have become even more intense because of this question but is there only one true diet for people and if so, what does the science say. Today, I will take you through some research claims and diets and give you the knowledge so you can embrace a healthy, well-balanced life.

Some experts say low carb is the way. Others say veggies are, but then there is the Starch solution, which says carbs are not the enemy and this diet is best approach. But does the research and science back up these claims? How do these claims compare to other diets, like the low-carb or calorie-controlled approaches? My goal here today, is to break down what the science says so you can make informed choices about your health.

What Does the Research Actually Say

I have looked at many studies to compare high-starch, low-fat diets to low-carb and calorie-controlled diets. This is what I found, the main take aways are.

- Weight loss and metabolic health is not just about the carbs and fats but it's about consistency and energy balance.
- While the starch solution can be effective for certain people, the research suggest it may not be better than a low-carb or calorie-controlled diet.

While a diet may be effective, and could play a role in health outcomes, the best diet approach is one that is personalized, that focuses on you, your lifestyle, and your health goals.

You might be asking; how can I use this research?

Just Remember, no one diet approach works for everyone, rather everyone has their own diet approach!

While a certain diet may work in the short term, the most important factors for success are:

1. being able to stick with a something that will last.
2. Pay attention to your, overall health, body composition (muscle and fat) and how you feel not just those numbers on the scale.
3. And most importantly choose a diet that makes you feel great not only physically but mentally.

Whether you choose the Starch Solution approach or any other diet, the key is to have a healthy relationship with high quality foods, balance, and adherence.

I'll leave you with this!

So, does The Starch Solution work? The answer is yes, but so do other diets.

But the only diet that works is the one you can stick with long term, but more importantly the one that makes you feel great about yourself and your relationship with food.

Remember, most diets work because they promote whole foods but whether it's the high starch, low carb, or any other approach the key factors are energy balance, nutrient quality, adherence and happiness.

If you're thinking about a diet change, just remember, focus on what you can do for the long term.

And focus on something that keeps you healthy and that makes you happy!

Thanks for listening, if you have any questions, please reach out to me at coreygustafik@kings.edu and remember:

The only diet that works is the one you stay on that makes you healthy and happy!

Thank you.