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## Abdominal obesity: The most dangerous

- Abdominal or obesity around the trunk has a higher risk of diabetes and heart disease
- This is in part due to elevated triglycerides (fat in the blood), a lowering of HDL (good cholesterol), and resistance to the effects of insulin
- This is called “The Metabolic Syndrome”, “Syndrome X”, or insulin resistance (a pre-diabetic condition)
- Increased abdominal fat is seen on x-rays
- Insulin insensitivity may result in “Carb Craving” of carbohydrates (sweets and starches)
- Carb cravers may be triggered to eat more carbs by eating carbs, and often do better on a lower carb higher protein diet
- A neck size of greater than 17” or a waist of greater than 35” in women and 40” in men is a risk factor for this syndrome
- Foods with a high glycemic index, such as sweets and starches, release sugar rapidly. Avoiding these may be helpful in the metabolic syndrome. Better alternatives are whole grains, fiber, beans, fruits and vegetables