

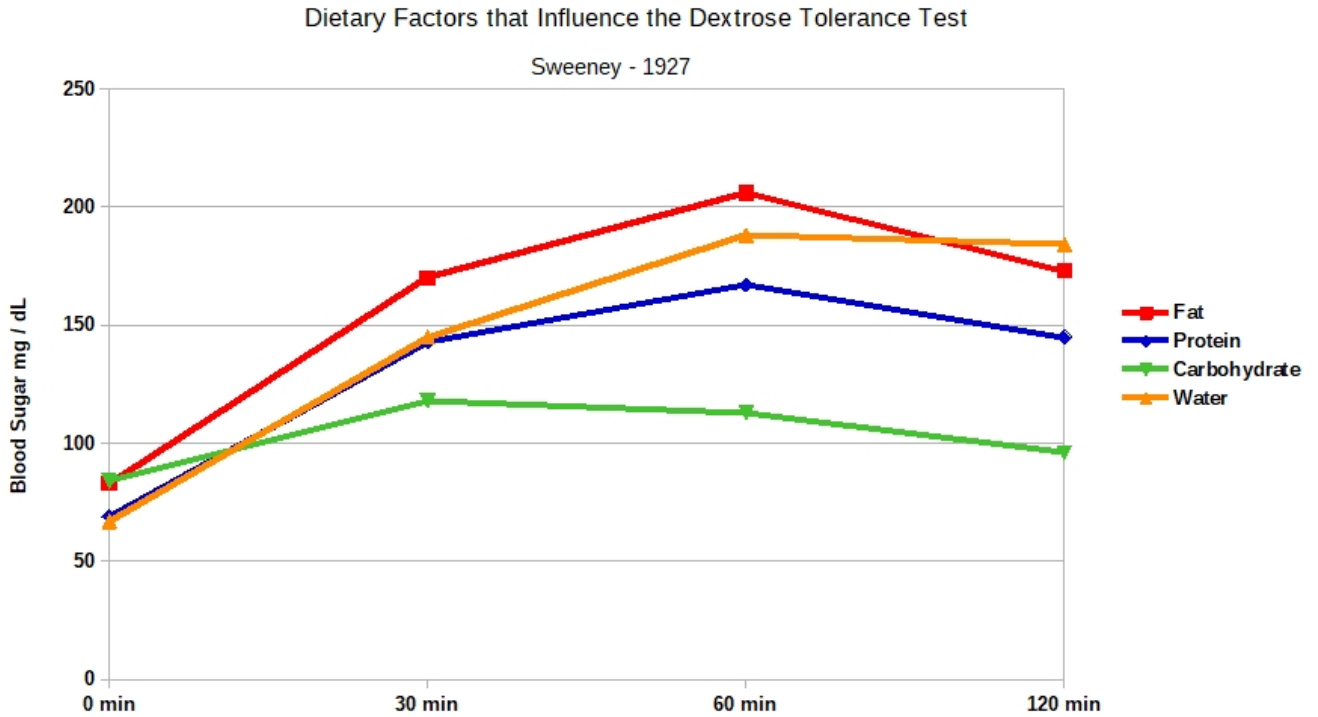
Way back in 1927, J.S. Sweeney [1] [2] assigned healthy, young medical students into four dietary groups:

- high-carbohydrate diet consisting of sugar, candy, syrup, baked potatoes, bananas, and oatmeal, rice, and white bread
- high-fat diet consisting of olive oil, butter, mayonnaise, egg-yolks, and cream
- high-protein diet consisting of lean meat, lean fish, and egg-whites
- the fourth group was placed on a fasting regime

The students were fed their diets for two days and a glucose tolerance test was performed on the morning of the third day.

After only two days on their experimental diets, the only group showing a normal, healthy response to the glucose tolerance test was the high-carbohydrate group. The protein group had slightly impaired glucose tolerance whilst the high-fat and starvation diets showed a marked decrease in their tolerance for sugar.

A graph of the responses to the 4 diets is shown below.



Footnotes

1. Sweeney, J. S. (1927) Dietary Factors that Influence the Dextrose Tolerance Test. *Archives of Internal Medicine*. 40 (6), 818-830.
2. Sweeney, J. S. (1928) A comparison of the effects of general diets and of standardized diets on tolerance for dextrose. *Archives of Internal Medicine*. 42 (6), 872-876.