

Diet study upends concepts about 'healthy' food

By Ariana Eunjung Cha, Washington Post

If you've ever tried out the latest diet fad only to find yourself gaining weight and feeling awful and wondered what you were doing wrong, scientists now have an explanation for you.

Israeli researchers, writing in the journal *Cell* last week, have found that different people's bodies respond to eating the same meal very differently – which means that a diet that may work wonders for your best friend may not have the same impact on you.

Lead authors Eran Segal and Eran Elinav of the Weizmann Institute of Science focused on one key component used in creating balanced diet plans like Atkins, Zone or South Beach. Known as the glycemic index or GI for short, it was developed decades ago as a measure of how certain foods impact blood sugar level and has been assumed to be a fixed number.

But it's not. It turns out that it varies widely depending on the individual.

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