

# Dr. Peter Attia on Very Low-Carb Performance

By [Kris Gunnars, BSc](#) | December, 2012 | 10,900 views

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Dr. Peter Attia is a medical doctor, as well as a popular [blogger](#) and one of the founders of the Nutrition Science Initiative ([NuSi](#)).

Peter is an endurance athlete and has had a lifelong interest in health and nutrition.

Up until a few years ago, he used to believe in the old conventional wisdom of high-carb, low-fat eating in order to sustain peak athletic performance.

Over the years, despite massive amounts of exercise and eating a diet that was pretty much “perfect” by conventional standard, things started to go wrong.

He morphed from being lean to overweight and started developing symptoms of metabolic dysfunction: high triglycerides, low HDL, etc.

In the [video](#) below, Peter is interviewed by [Dr. Andreas Eenfeldt](#).

He outlines the story of how he gradually transformed from a high-carb “conventional” diet to a [low-carb](#), high-fat, moderate protein ketogenic diet, while drastically improving his health and his physical and mental performance.



## Very Low Carb Performance



Here is a recap of some of the key points in the interview:

- On a low-carb, ketogenic diet, carbs need to be restricted, but consuming **too much protein** can also cause problems.
- Excess protein can be turned into glucose and restricting protein may be necessary to get into nutritional ketosis.
- Added **sodium** can alleviate many of the potential side effects (lightheadedness, physical performance, etc.) of a low-carb, ketogenic diet.
- Individuals who are well keto-adapted often report improved brain function.
- Athletes that are well adapted to ketosis can easily access stored **body fat**, which can lead to remarkable endurance performance.
- Low-carb may not be as appropriate for athletes that function mostly anaerobically – sprinters, powerlifters, etc.