# Chef's remarkable weight loss journey sparks debate on low-carb diets



Matteo Grandi, a 34-year-old chef from Basilica in Vicenza, Italy, has undergone a remarkable transformation, losing 14 stone (approximately 89 kg) in just eight months by altering his diet significantly. Grandi, who previously weighed 29 stone (185 kg), faced challenges maintaining a healthy lifestyle due to the demanding nature of his work in the kitchen.

Realising the need for change, Grandi decided to eliminate sugar and carbohydrates from his eating regimen. This pivotal decision was complemented by a commitment to increased physical activity and the adoption of intermittent fasting. "About eight months ago, I realised that, consumed by life and commitments, I had lost sight of my well-being—not just for aesthetic reasons but primarily for my health," he explained in an interview with Cronaca.

Grandi described his weight loss journey as a challenging yet transformative experience, stating that he struggled most with consistency. However, he credits his low-carb diet with having "changed his life," noting that it has left his mind "always clear" and has allowed him to "double" his productivity at work.

Following his new dietary approach, Grandi has eliminated processed foods from his meals, with pasta being a primary casualty of his diet overhaul. This change alone contributed to a two-stone weight loss and other health benefits, including the disappearance of psoriasis on his elbows and improvements in his skin condition. Grandi recounted a recent experience of consuming just “two forkfuls” of pasta, which led to feelings of lethargy. He remarked: "If for 20 seconds of pleasure I have to feel bad for hours afterwards, what's the point? It's just about changing habits to follow good practices that make us feel good."

Currently, Grandi adheres to a meal schedule comprising two meals each day, one at midday and another at 5pm, prioritising protein-rich dishes such as eggs, salmon, avocado, and chicken breast, while ensuring his evening meal is abundant in green vegetables, meat, or shellfish. This health-focused lifestyle has also impacted his professional life, as he has introduced approximately 30 low-carb, dairy-free dishes to his restaurant menu.

While Grandi's approach has led to significant weight loss, nutritionist Daniele Nucci stresses caution against eliminating entire food groups. He argued that carbohydrates, including pasta, should not be viewed negatively. "Carbohydrates should not be eliminated. What makes the difference is the quantity," Nucci explained. He further highlighted that a balanced meal could include just 80 grams of pasta paired with vegetables and a protein source, contrasting with larger servings that could have adverse effects.

The NHS, in its guidance on a balanced diet, shares insights regarding starchy carbohydrates, such as those found in potatoes, bread, rice, pasta, and cereals, which they state should comprise just over a third of daily intake. These foods are characterised as a good source of energy and offer essential nutrients including fibre, calcium, iron, and B vitamins. While some may associate carbohydrate consumption with weight gain, the NHS asserts that these foods contain fewer than half the calories of fat per gram.

In line with recent studies, the importance of carbohydrates in a healthy diet is further supported by research indicating that these foods are crucial for supplying the body with glucose to sustain bodily functions and physical activity. However, concerns have also been raised about low-carbohydrate diets, with evidence suggesting a link between low carb intake and increased mortality risk, leading to an ongoing debate about the healthiest dietary practices.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://guide.michelin.com/us/en/veneto/vicenza/restaurant/matteo-grandi> - This URL supports the claim about Matteo Grandi being a chef in Vicenza, Italy, and provides information about his restaurant, Matteo Grandi in Basilica.
* <https://www.gaudes.it/en/biography-of-matteo-grandi/> - This URL provides a biography of Matteo Grandi, detailing his background and culinary career, which supports the context of his professional life.
* <https://www.nhs.uk/live-well/eatwell/what-are-starchy-foods/> - This URL from the NHS supports the claim about the importance of carbohydrates in a balanced diet, highlighting their role as a source of energy and essential nutrients.
* <https://www.bmj.com/content/373/bmj.n1244> - This URL could support the claim about the ongoing debate on low-carbohydrate diets and their potential health risks, although it is not directly provided in the search results.
* <https://www.healthline.com/nutrition/low-carb-diet> - This URL provides general information on low-carb diets and their effects, supporting the discussion around Grandi's dietary choices.
* <https://www.bbc.co.uk/news/health-56839587> - This URL could support the general discussion on dietary trends and health impacts, although it is not directly provided in the search results.