

## **Low-Carbohydrate diets**

While it certainly may not be news to anyone out there, we lose more weight when we eat a diet LOW in carbohydrates. Everyone needs to pay attention to the operative word 'LOW'; low does not mean 'NO'.

This a topic of much confusion among both average people and those in the 'know'. All crazy types of figures are thrown about there to define what a low carb diet really is, 50 grams, less then 100 grams, 20% of your total daily calories, so on and so forth.

Do not try and count calories as this is a risk fraught activity simply because it is extremely difficult for a non-expert to calculate accurately the calories contained in a meal. No ready reference is available which will cover all the contingencies. Then from a nutritional point of view there is the question of the quality of the calories consumed. Remember that all calories are not equal.

### *Portion Control*

It is much easier to 'control' rather than 'count' the calories by controlling the quantity of the meal.

We are used to eating meals in huge portions. This is one of the reasons we tend to only eat 2 to 3 meals a day on average. It takes the body a long time to digest a very large, fatty meal. In fact, if you are reading this and saying, I cannot eat 5 times a day; I am just not hungry that often?, this is one of the reasons why. In order for this method of eating to work, portions must be limited to the size. If you control your portions this way, and limit your fat intake, you WILL be hungry every 3 hours.

You can change the composition of the meal by using low glyesmic foods and spreading the timing when food is taken. Eat for health not for taste. By understanding that the glyesmic load factor is as important as the glyesmic index a better meal can be planned.

By refusing to include extra protein into the diet, you may stay lean because your body is eating away at your muscle but is it doing anything to make you look better.

Remember that self control and absolute discipline is the most important factor. Do not be fooled into believing that there very easy ways. There is no easy way. Let common sense be your guide.

Do not fall for fancy 'fad' diets. They can cause enormous damage to your body even before you realise it. The so called 'diet' products are commercial frauds perpetuated on the people by scamsters.