



LOW CARB DIET

TO CONTROL WEIGHT GAIN

What Is A Low Carb Diet

People follow low carb diets for various reasons, such as losing weight, reducing bloating, or helping to keep blood sugar low if they have diabetes or similar.

A low carb diet is all about reducing your intake of carbohydrates, and such a diet has been linked to heart health as well as weight loss and improved blood glucose levels.

Carbohydrates are an energy source for daily activities, along with fuel for exercise, your heart, brain and nervous system.

After eating carbs, your body will break them down into simple sugars which are then absorbed into the bloodstream.

The pancreas reacts to this sugar by releasing a hormone known as insulin, which can move sugar from the blood into the cells.

It can then be used as an energy source.

Many people eat about 300 grams of carbs a day, but a low carb diet could be anything between 20 and 60 grams.

Everyone is different though, and some people will lose weight on 10 grams of carbs a day while others might be able to have 80 grams of carbs and enjoy the same benefits.

If you have been eating plenty of carbohydrates, dropping down to 20 grams suddenly will probably give you side effects because your body suddenly has to start using its own fat as fuel instead of using carbs.

Side effects might include headaches, constipation or fatigue as the body gets used to this way of eating.

These side effects are normal and temporary, but you can minimise or avoid them by gradually reducing your carb intake rather than suddenly cutting right down.

There are a lot of myths about low carb eating, so it is important to be aware of the facts if you are considering a reduction in your carb intake.

Frequently Asked Questions

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TOP 10 WAYS TO STAY HYDRATED

Some good alternative sources of water include:

- 🎯 Hamburger
- 🎯 Chicken Breast
- 🎯 Soup, stew, broth
- 🎯 Jell-O
- 🎯 Grapefruit
- 🎯 Grapes
- 🎯 Watermelon
- 🎯 Fruit juice
- 🎯 Sports drinks or flavored waters
- 🎯 Smoothies





HAVE A LIGHT, BALANCED DIET

Your metabolism slows down and your energy needs decrease as a result. The diet meal isn't supposed to make up those hours you spent without food.

Forget that you haven't eaten all day and imagine you have sat down for your dinner meal and eat accordingly. Replace your processed sugar with dates as they are a quick source of the sugar your body needs, as dates are quite high in sugar.

LIMIT SALT & SUGAR DURING THE DAY

When choosing your intake however, make sure it is limited in salt to avoid getting thirsty the next day. It should also be composed of complex carbs such as whole grain bread, instead of white refined bread, and it should contain a good source of protein such as labneh, cheese or eggs.

This combination will ensure you have a stable level of glucose in your blood so you don't get hungry the next day



Avoid Low Carb Diet Mistakes

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Diet is not an excuse for us to sleep all day or be lazy. During break you should maintain your usual daily activity level to a certain extent, but do avoid the sun and heat at its peak.

01

**STAY ACTIVE &
BE HAPPY**

02

Remember that you'll be burning more fat than ever on an empty stomach. After you break your fast, aim for 30 min of vigorous exercise a day that you can do from home such as burpees, lunges, sit-ups and squats.

The Complete Guide To The KetoGenic Diet

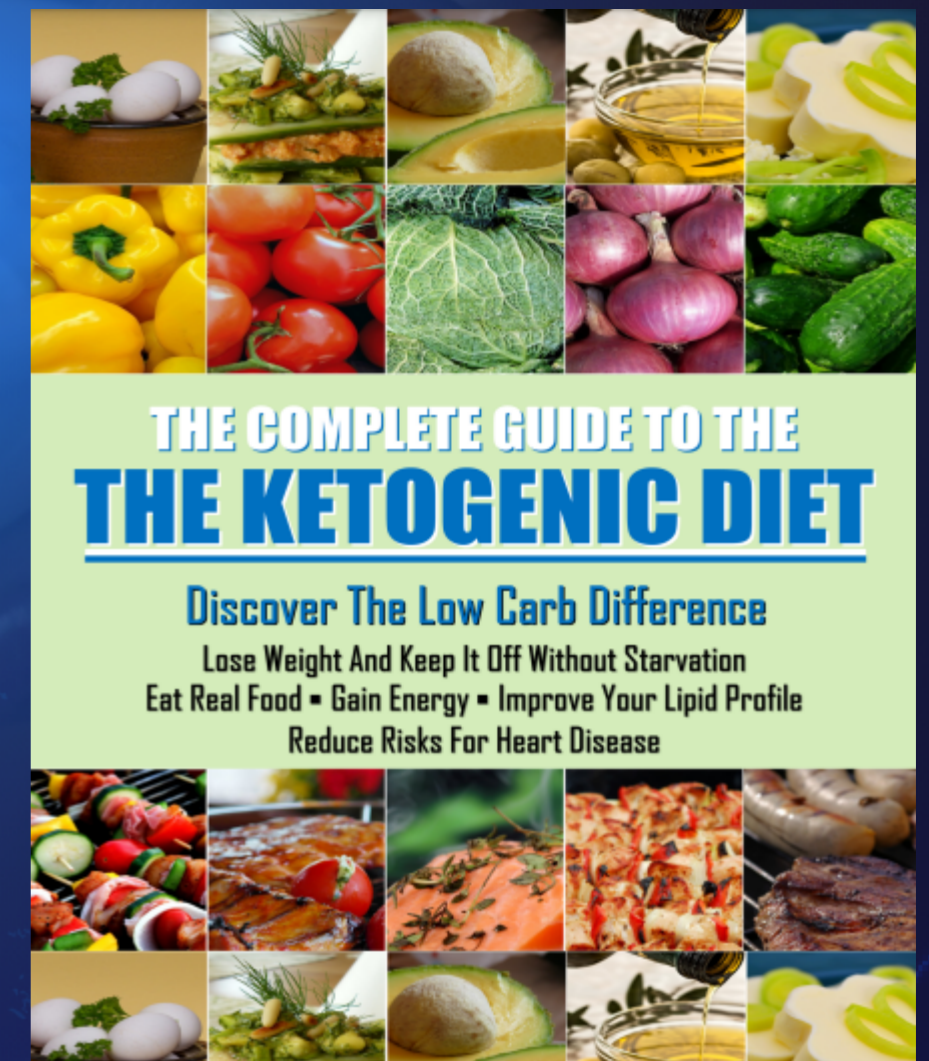
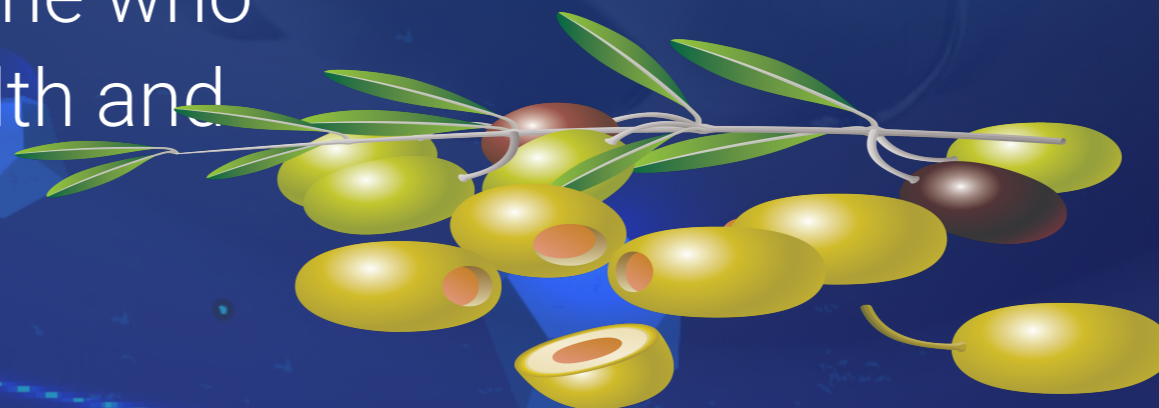
The Ketogenic diet (keto) is an eating plan that features a very low intake of carbohydrates.

Low carb diets are eating plans that typically lower the intake of carbs to below 100 grams per day, the Ketogenic diet is the most strict of these and limits intake to less than 50 grams per day, preferably starting with 20 grams.

In general, a keto diet may be ideal for the overweight and obese, diabetics, anyone who needs to improve their metabolic health and for various other health reasons.

Get the Keto Diet Plan with delicious recipes and complete meal plans. Achieve weight loss and improve your overall health.

Find Out More



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**THANK
YOU!**

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