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Low Carb Diet Plans Can They Be A Good Option

Many men and women have used low carb diets in an effort to lose the extra weight. Now you ask ,, is this sort of diet a good option for you and your body? While men and women have used this diet program to drop loads of weight, there are other people who found that they could not stick to the diet because of the food restrictions. You will also want to know what other issues this type of diet can have on your body. In this post we will be having a closer look at the low carb diet plans and explain some benefits and negative effects of the diet.

The first thing you must know about this diet is that you actually can drop the extra weight fast. The truth is, if you can stick to this type of diet to the letter, you will find that it is the fastest way to lose weight without exercise. Needless to say if you combine this eating routine with an exercise plan you will find that you will be losing the weight even faster. In fact men and women have reported shedding one pound a day by using this type of eating plan.

Another fact you should know about these eating plans is that you will not be able to eat as much as you want. You could have heard that eating a low carb diet enables to eat as much low carb food as you want and still lose weight. Even though this may work to a limited extent you need to realize that calories count to. Although low carb foods contain less carbs than other foods they still have carbs. This means when you are taking in a lot of this type of food you are eating a lot more carbs. When you think about it that is just what this program is designed to reduce. And that means you really do need to have portion control, along with the low carbs.

Yet another thing you should comprehend is that if you are not the kind of person who doesn't eat vegetables, this is not a good weight loss choice. If your low carb diet only contains foods like meat and eggs, you'll not be getting the vitamins and minerals your body needs. Some men and women have even found themselves getting scurvy because of this diet. If you are only eating meats and eggs, you aren't getting the vitamin C your body must have to fight off scurvy. Needless to say vitamin C is not the only vitamin you'll be lacking as you will also realize that most of the most important vitamins and minerals are normally found in fruits and vegetables your not eating.

Even though a low carb diet will help you lose weight rapidly, you will also find that your health may be adversely impacted. Even though many doctors will not suggest this type of diet, you should see a doctor if you're planning on using it anyway. Although by seeing your medical professional this individual may be able to advise you on vitamin and mineral supplements your system needs.