

LOW CARB LIVING SUMMARY

INTRODUCTION

- With advances in technology and medicine, the level of obesity in the world is increasing.
- Main cause of obesity is overconsumption of carbohydrates (carbs).
- Carbs
 - Great source of energy
 - Type and quantity of carbs define the level of obesity.

WHAT IS LOW CARB?

- Includes consumption of food low in carbohydrates and glycemic.
- Carbs Digestion Process:
 - Consumption of carbohydrates leads the body to excrete insulin.
 - Glucose -effect of insulin excretion- either gets burned by our body if we need immediate energy or else gets stored as fat.
 - Continuous hike in insulin level causes a person to get hungry in 2-3 hours thereby creating a vicious circle.
- Low carb diet is limited to **60-130 grams, or 240-520 calories** of carbohydrates per day as compared to **225-325 grams** recommended by government diet guidelines.
- Reduced carbs over period of time can lead to ketosis, a condition in which your body uses fat as energy instead of carbs.
- This can cause serious fat loss and is the main reason of living a low carb lifestyle.

IS THE LOW CARB DIET SAFE?

- It is safe if cutting of carbohydrates is done selectively at moderate levels.
 - E.g. reducing fat in the diet without considering the type of fat can lead to high blood cholesterol.
- Have adequate knowledge as to what diet should or shouldn't include:
 - Refraining from fruits and vegetables does more harm than good.

- E.g. Restriction of bananas having high glycaemic levels may lead to potassium deficiency.
- Reduced intake of calcium rich food may cause osteoporosis or menstrual issues in women.
- Before selecting a diet plan one should understand his or her body well:
 - A kidney patient should pay attention to his/her protein intake.
 - A heart patient should concentrate more on fats.
- Changes in your lifestyle will require changes in diet plans too:
 - People working out/bodybuilding or pregnant women have different diet needs.

WHICH LOW CARB DIET IS RIGHT FOR ME?

- Different diets:
 - The Atkins diet:
 - Allows you to eat a lot of vegetables and then in later phases add in carbohydrates like fruits and whole grains.
 - Harder diet as it pushes you to lean towards more proteins in starting phase.
 - Easy to prepare at home.
 - The No White Diet:
 - You just stop eating anything that is white or has white ingredients such as sugars, white flour (pasta, bread, cake, donuts, etc.), white rice, and white potatoes.
 - Easier to accomplish and allows for healthier diets.
- Significant points regarding these diets:
 - Long-range success rate for low-carb and other diets is comparable.
 - Little data exists on the long-term efficacy and safeness of variations of the low-carbohydrate diets.
 - Rigorous low-carb diets are generally not sustainable as a routine way of eating. Boredom most often overcomes willpower.
- Low Carb diet you choose should be a blueprint for a lifetime of better eating, not just a hasty weight loss plan to reach your goal.
- Certain dietary fats are associated with reduction of disease.
 - Foods high in unsaturated fats that are free of trans-fatty acids such as olive oil, fish etc are preferred to fats from animal origins.
- Another diet alternative: foods high in processed sugar, snacks, and white bread be avoided, but foods high in complex carbs such as fruits, potatoes and whole grains, retained.