



Copyright © All Rights Reserved Worldwide

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the prior written permission of the publisher.

Disclaimer

All the material contained in this book is provided for educational and informational purposes only. No responsibility can be taken for any results or outcomes resulting from the use of this material.

While every attempt has been made to provide information that is both accurate and effective, the author does not assume any responsibility for the accuracy or use/misuse of this information.

You are encouraged to print this book for easy reading.

Use this information at your own risk.

Table of Contents

Introduction.....	4
Chapter 1 – What The Heck Is Low Carb?.....	7
Chapter 2 – Is The Low Carb Diet Safe.....	11
Chapter 3 – Which Low Carb Diet Is Right For Me?.....	15
Chapter 4 – Are Carbs Really That Bad?.....	20
Chapter 5 – Top Foods for Low-Carb Living.....	31
Chapter 6 – A Sample Day Of Low Carb Eating.....	40
Chapter 7 – 5 Common Mistakes On The Low Carb Diet To Avoid.....	47
Chapter 8 - Should I Exercise On A Low Carb Diet?.....	50
Chapter 9 – How To Dine Out On The Low Carb Diet.....	54
Conclusion.....	57

Introduction

With the advances in technology and medicine that our world has seen in the past several decades, it's almost hard to grasp why we're continually getting unhealthier and more obese as time goes on.

But as with the introduction of anything new into a society, there are both good and bad sides to it.

Although we are able to battle and ward off medical conditions through scientific developments and improved technology, we're also living in a world of convenience. Drive-thrus, ordering food from our smart phones and computers and getting everything we want in a snap is also causing us to dig our own graves.

As our waistlines grow, so does the obesity rate.

While some countries have started to show a slight decline in both adult and childhood obesity, this problem is still very present. Documentaries and studies have been created and produced in an attempt to identify just what it is that is causing this health epidemic. While there may not be one perfect answer, one of the clear contributors to this problem is overconsumption of carbohydrates.

Now, before all you carb-lovers start cursing at your computer screen, listen up.

*Carbs are great- they're the main source of energy for the body and are essential for proper function. **But the large majority of obese individuals aren't eating the right carbs, and they're eating too many of them, period.***

If our world's population sat around consuming whole grain pastas and breads instead of Pop Tarts, it's safe to say we probably wouldn't be facing as large an epidemic as we are today.

The problem isn't carbs, it's the type of carbs and the quantity. Now with that said let us begin our journey into clarifying the Low Carb diet so we can make an informed decision whether or not to follow it.

.

Chapter 1 – What The Heck Is Low Carb?

We often hear about low carb diets and how successful they prove to be in losing weight, but what the heck is a low Carb diet exactly?

The term "low-carb" means low in carbohydrate. Carbohydrates are usually found in foods like pasta, potatoes, fruit, bread and rice. A low carb diet does not entail any specific diet nor does it include well-defined steps to losing weight.

It is a rather loose term that varies according to the person who uses it. Some common features though, include consuming foods that are low in carbohydrate and glycemic. The consumption of carbohydrates leads the body to excrete insulin which is the body's function for energy.

*As carbohydrates get digested, glucose -the effect of insulin excretion- either gets burned by our body **if we need immediate energy** or else gets **stored as fat!***

More seriously, after consuming a meal that consists mainly of carbohydrates, the level of insulin in our body goes suddenly up and after a short time suddenly down. This effect causes us to be hungry only after 2 or 4 hours from our last meal, leading us to a vicious circle of being hungry, then eating and finally ending up storing the excess energy as fat.

The main ways to define a low carb diet, following the initial question "What Is A Low Carb Diet?", is to clarify whether you are talking about the actual carbohydrate that an adult consumes daily or about the percentage of the calories in a person's diet that comes from carbohydrates.

The usual amount of calories that are allowed in an adult's diet is about 50-60%. So any percentage of calories coming from carbohydrates that is below that, can be thought of as low carb.

For the carbs they do consume, the daily total intake is usually limited to anywhere from 60-130 grams, or 240-520 calories. When compared to governmental dietary guidelines, which

typically recommend consuming 225-325 grams of carbs per day, you can see how “low” a low-carb diet actually is.

When the amount of carbs you eat is reduced, theories say that your insulin levels will be better maintained as a result. How so?

When you eat carbs, especially simple carbs, your body breaks them down into sugars that hit your bloodstream. When your body experiences a sugar rush, it signals the release of insulin. Once insulin is released, glucose receives a cue to enter the cells in the body. Glucose is used first and foremost for energy, but when it's present in excess, it's stored to be used later or is turned into fat. By reducing the amount of sugars (carbs) you put into your body, your insulin levels have a better chance of being level and not experiencing spikes.

When reduced carbs happen over period of time it can lead to ketosis, a condition in which your body uses fat as energy instead of carbs. More commonly referred to as the Keto diet, this is low carb dieting on steroids!

This can cause serious fat loss and is the main reason why living a low carb lifestyle has been popular...

But is it safe? This is what we will be covering in the next chapter.

Chapter 2 – Is The Low Carb Diet Safe

Are low carb diets safe? Are low carb diets dangerous to your health? These are burning questions for dieters all over the world. The Low carb diet came in to existence as a solution for maintaining the calorie intake variable in precise levels. How it helps you to lose weight is simple logic. Once the caloric intake drops the body starts to make use of the stored fat to burn as energy, which then leads to weight loss. Of course it will lead to weight loss but will it be a safe process?

The answer is not a simple yes or a no. Even though the weight loss gurus emphasize the importance over and over again that it is perfectly safe long term, the nutritionists and the medical community bear a different opinion.

The established opinion is that no matter how effective the results are, unless cutting the carbohydrates are done at moderate levels the side effects will lead to disorders in bodily functions. Not only moderate but also it has to be properly chosen.

For example if you reduce the fat intake without paying attention to the type of fat it might even lead to elevated blood cholesterol levels.

You should gain adequate knowledge to determine what should be included and what shouldn't be. Here according to the example, a properly designed diet plan would have included polyunsaturated fats and mono-unsaturated fats which are considered safe.

Same theory applies to all the nutrients just like to fats. Some low carb diet plans even advise to refrain from fruits and vegetables. Such plans do more harm than good. A restriction on fruits like banana or watermelon that have a high glycaemic level might at least have logic to support it but bananas in turn are a great source of potassium. Limiting all the fruits and vegetables is a baseless advice that will deteriorate your health.

Reduced intake of calcium rich food likes could even cause serious conditions like osteoporosis. Women with calcium deficiencies tend to suffer from menstrual issues. Most low carb

diet plans focus more on protein intake. Unnecessary amounts of protein makes the kidneys work harder in order to remove the excess waste produced by proteins. Accumulation of harmful waste products might cause kidney stones.

Most importantly before selecting a diet plan one should understand his or her body well. A kidney patient should pay attention to the proteins while a heart patient should concentrate more on the fats. Likewise there are numerous factors that should be taken in to account before following a low carb diet.

Changes in your lifestyle will require changes in diet plans too. If you start working out or bodybuilding the energy demand of the body is different from what it used to be. Or if you get pregnant changes should come immediately. In cases like these consulting a professional is a must.

It is clear after reviewing the subject, that more, well-designed and controlled studies are required. There just isn't a lot of satisfactory information available, especially regarding long-range effects.

However we do know, extremely "low carb" diets might not be safe. But make them "correct carb" diets (which we will cover soon) and get the lean body you always dreamed while being in good health.

Now that we've covered if it is safe or not, we will turn our attention towards which low carb is best for you. As we are all individuals, so too low carb diets go under many guises and have lots of different variations to suit everybody.

.

Chapter 3 – Which Low Carb Diet Is Right For Me?

Now that you know what low carb dieting is and whether it's safe, we must ask ourselves "Which one is actually for ME?"

There are many things that can qualify a diet to be low-carb. The most popular plans have a range of carb levels and food choices different from one another. Although they are different, all of them cut out most sugars, starches, and gluten.

By doing some research, you may find various diets; such as the Atkins diet, the No White Diet, or the South Beach Diet. All of these are great, but they also have different levels of difficulty to say the least.

The Atkins diet allows you to eat a lot of vegetables and then in later phases add in carbohydrates like fruits and whole grains. It's a harder diet at the beginning since you are pushed to eat lean

proteins more than fruits or the usual sandwich we are so used to. After the starting phases, you can add in more variety of foods, snacks, and carbohydrates. This would be a great diet for a stay at home mother, who might have more time to prepare the food and actually sit down and eat meals instead of grabbing the first thing that comes to hand in a grocery store.

The No White Diet, on the other hand, is great for everyone! Basically, you just stop eating anything that is white or that has white ingredients, which nowadays is easier to find. You get to eat healthier by cutting sugars, white flour (pasta, bread, cake, donuts, etc.), white rice, and white potatoes. This alone cuts back in the carbohydrate percentage of your diet, but is quite easy to accomplish. You learn to create healthier recipes and of course to eat healthier foods in the store. You now have the ability to buy whole wheat/gluten-free bread or sugar-free and whole-wheat muffins! You get to keep some amazing white foods in your diet though, such as tofu, cauliflower, and onions, which are low in carbohydrates and actually very good for you!

Now in saying these things about the 2 mentioned so far, there are 3 significant points I would like to emphasize:

1. The long-range success rate for low-carb and other types of diets is comparable.
2. Despite their acceptance, little data exists on the long-term efficacy and safeness of variations of the low-carbohydrate diets.
3. Rigorous low-carb diets are generally not sustainable as a routine way of eating. Boredom most often overcomes willpower.

Now, strict low-carb diets like the Keto diet, generate ketosis which is an unusual and potentially stressful metabolic state. This leads to very quick fat loss but under some circumstances this may cause health related complications.

The 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. If you can't see yourself eating the prescribed foods longer than a few days or a week, then chances are it's not the proper diet for you. To this end, following a somewhat low fat diet with a

healthy balance of fat, protein, carbohydrate and other nutrients is beneficial.

If you do resolve to follow a low-carb arrangement, bear in mind that 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, flaxseeds, and nuts are preferred to fats from animal origins.

Even promoters of the Atkins diet now say men and women on their system should curb the amount of red meat and saturated fat they eat. Atkins representatives are telling health professionals that just 20 percent of a dieter's calories should come from saturated fat (i.e. meat, cheese, butter). This switch comes as Atkins faces contention from other popular low-carb diets that call for less saturated fat, such as the South Beach diet plan.

Another alternative to "strict" low-carb dieting would be to give up some of the bad carbohydrate foods but not "throw out the baby with the bath water". In other words, foods high in

processed sugar, snacks, and white bread would be avoided, but foods high in complex carbs such as fruits, potatoes and whole grains, retained.

I would suggest further research into the diets mentioned and deciding what is best. Whatever plan you do choose should fit right into your lifestyle and allow you to be yourself while still losing weight through inhibiting carbohydrate intake.

Chapter 4 – Are Carbs Really That Bad?

Although the low carb diet is extremely great, does it mean that carbs are bad for you?

Not necessarily. When we eat carbohydrates though, our bodies digest them to form glucose. Although it circulates throughout the body, which provides us with energy, we tend to eat in excess.

There is also a difference between good carbs and bad carbs. Good carbs will give you energy without being stored as fat, which can be found in fruits and vegetables. Bad carbs are usually processed ingredients that your body is not programmed to recognize and therefore is storing it as fat.

You may sometimes notice that after you eat chips or chocolate you have a crash where you don't want to do anything; that is what happens when you eat bad carbs. Your body uses the energy it can get from the small amount of natural carbs in chocolate, for instance, but then has to work double to process

the other chemical carbs that are found in it. This creates a loss of energy as the processed ingredients are processed and transformed to fat, usually. This up and down is extremely bad for your heart as it doesn't give it a normal flow of energy. The heart is overworked on a constant basis, and in turn so is your body. This can create other problems as the body stops focusing on keeping the body healthy and instead focuses on processing the large amount of carbs that is given to it daily. This in turn creates health problem such as diabetes, hyperglycemia, or even heart problems. Keep in mind though that good carbs taken daily in a portioned amount is essential and good for the body. Large amounts of carbohydrates is what causes problems to the body in the long-term.

Complex Carbs vs. Simple Carbs- How to Tell the Difference

Okay, I understand, but what is the difference between good carbs and bad carbs? They can be differentiated between two classes: complex carbs vs. simple carbs. Think of it this way, the more complex the carb the better it is for you. I know we all like to live a simple life and not overthink things, but with carbs it's completely different. It has to be complex in order for you to put it in your mouth.

All simple carbs are usually made of one or two sugar molecules. These are the “get energy quick” foods that are rapidly digested but that puts the body in a very hard position as it processes all the un-natural ingredients through the body. These simple carbs are usually anything with sugar; sugar (brown and table), corn syrup, honey, maple syrup, molasses, jams, soft drinks, candy, chocolate, etc.

Now in saying that, you also need to be aware of the glycemic level in your foods. Knowing the glycemic index of your food is important as it can help balance your blood sugar, lose weight, or stop craving food all the time.

What is the Glycemic Index?

The glycemic index was developed back in 1981 as a way to classify varying carbohydrates. It's a way to measure the power of the carbohydrate in a food with regard to its ability to raise blood glucose levels after ingestion.

The glycemic index (GI) is a way to measure carbohydrates on their immediate effect on blood glucose (blood sugar) levels. Carbohydrates that break down quickly during digestion and raise blood sugar levels have the highest GI ratings.

Carbohydrates that break down more slowly over time have lower GI ratings.

The way GI ratings were determined is to ingest 50 grams of a particular carbohydrate while in a fasted state and recording blood sugar levels.

The GI classification is broken down as follows:

- Foods with a GI score between 70 and 160 are considered high GI foods
- Foods with a GI score between 56 and 69 are considered medium GI foods

- Foods with a GI score 55 and below are considered low GI foods

The glycemic index is important because of the impact on insulin levels that various carbohydrates have.

Insulin is a hormone that is released by the pancreas. The amount of insulin released is affected by blood sugar levels. The higher your blood sugar, the more insulin that is released into the bloodstream.

You want to avoid high insulin levels because high insulin levels can inhibit fat utilization (fat burning), and promote fat storage. Carbohydrates with a high GI rating also elevate free fatty acids in the blood, which promotes increased body fat.

Your body prefers low glycemic carbohydrates. Low glycemic carbohydrates do not trigger as great of an insulin release as high glycemic carbohydrates. This helps to prevent fat storage, as well as protect against diabetes.

Because low glycemic carbs are released into your bloodstream slowly, they provide you with sustained energy, as opposed to those sugar rushes and crashes that most everyone is familiar with.

In contrast, high glycemic carbohydrates convert more easily into glucose, enter the bloodstream more quickly, and cause spikes in your insulin level. This promotes the storage of more fat and makes you feel lethargic (the sugar rush and crash cycle mentioned above).

Over time, eating too many high glycemic carbohydrates can cause a number of health problems, such as insulin resistance, hyperinsulinism, dyslipidemia, atherosclerosis, hypertension, diabetes, and heart disease.

Interestingly enough, the glycemic index also caused us to rethink how we looked at certain foods. For example, the simple sugar fructose, while thought of as a simple carb, actually acted more like a complex carbohydrate in the body.

As mentioned above, starch contains long chains of glucose molecules. This is a prime characteristic of complex carbohydrates. However, how starchy foods affected the body and insulin levels was more complex than this.

Amylose, a type of starch, does not absorb as much water, and its tight molecule formations make enzyme function more difficult, causing slower digestion. This would cause a lower Glycemic Index number in foods containing amylose, such as kidney beans.

However, amylopectin, another starch, absorbs more water than amylose, causing a molecular structure that enables a higher G.I. in foods traditionally thought to be complex in nature. A great example is white rice, with its G.I. number of 98, similar to that of plain old table sugar.

It's also a double whammy because besides the insulin spike, the calories of starchy carbs add up very quickly. It is extremely easy to take in too many calories when consuming starchy carbs.

One serving of white rice (3/4 of a cup - cooked) is about 150 calories and 35 grams of carbohydrate! How often, when eating rice, have you ever had just one serving? If you're like most people, I'd say very rarely, if ever.

Another problem has been the processing of carbohydrates. Stay away from all processed carbs. Eat whole wheat or whole grain bread as opposed to white bread. This is also true of pasta and rice.

Our bodies were not designed to live off of all the processed foods that are available today. The consumption of processed foods is probably the number one reason that we have wide spread obesity and obesity related health problems today.

Other foods that you should stay away from are foods whose labels scream "low fat", "no fat" or "reduced fat". These products are one of the huge reasons people in the United States have been getting fatter and fatter over the years.

How is that possible, when they've removed or reduced the fat content, you ask? Well, as you know by now, it's not necessarily the fat content of your diet that is responsible for the excess body fat you may be carrying around.

First, people have been led to believe (falsely, I might add) that eliminating fat from their diet will keep them from putting fat on their body and this simply isn't true. But because of this, many people took it as a license to eat as much as they wanted of low and no fat foods.

Unfortunately, the amount of fat in your diet is not usually the problem when it comes to the excess fat on your body. As we've previously discussed, total calories and carbohydrate intake have a lot to do with it.

And what do you think they used to replace the fat in those products? That's right, carbs, more specifically, sugar. Lots of sugar. Sugar that sends your insulin levels surging and plummeting.

These products didn't have any satiety. In other words, you were quickly ready to eat more. So now, not only are your insulin levels out of whack, you are probably eating more calories each day than you were before gorging yourself on low fat and no fat foods.

A great trick to find simple carbs in an ingredient list is the show and tell practice; if you can't say or explain it, you shouldn't be eating it.

Complex carbs on the other hand are great for you! They are the dietary starch of the carb world. They are made of several sugar molecules put together like a bracelet. If you look closely at the nutrition table of the foods you pick up, you will find complex carbs are high in fibre, which satisfies your hunger and is healthy for you.

You can find complex carbs in whole plant foods such as green vegetables, whole grains and foods that have it, starchy vegetables such as potatoes, corn, and pumpkin, and any type of bean, lentil, and peas. When you eat complex carbs, you will find

yourself having more energy throughout the day instead of one sugar spike within the hour. It's extremely healthy for you heart, sugar level, and altogether body health. Now that we have an overview of Carbohydrates and the Glycemic Index, next we will be covering what are the best foods to eat.

Chapter 5 – Top Foods for Low-carb Living

The top number of foods for a low-carb lifestyle aren't as hard to find as before. Now that society is pushing towards healthier lifestyles, it's easier to find low-carb meals in your local grocery store.

There are certain things you can keep in mind to make this process easier. Also, remember, the longer you stick to it, the more second-nature it will become when picking out the "right" foods. So let's get started on top foods for low carb living, how to implement them into our lives and how to spot hidden carbs in the foods we buy!

First up, Here is a short and quick list that can help ease out the grocery shopping process.

Protein

<ul style="list-style-type: none">• Ham	<ul style="list-style-type: none">• Turkey
<ul style="list-style-type: none">• Veal	<ul style="list-style-type: none">• Eggs
<ul style="list-style-type: none">• Venison	<ul style="list-style-type: none">• Buffalo Shrimp
<ul style="list-style-type: none">• Lean Beef/Steak	<ul style="list-style-type: none">• Swordfish
<ul style="list-style-type: none">• Pork	<ul style="list-style-type: none">• Salmon
<ul style="list-style-type: none">• Lamb	<ul style="list-style-type: none">• Tuna
<ul style="list-style-type: none">• Chicken	<ul style="list-style-type: none">• Cottage Cheese

- Meat: Beef, lamb, chicken and others. Grass-fed is best. These products are 100% real, unprocessed, and have a low-carb percentile. You can cook these in coconut oil or you can even boil them and add them to your favorite vegetable soup. They are a great way to add lean protein to your diet. Just make sure you don't fry it or buy it with layers of fat. Ask for a lean cut piece when you go to the butcher.

- Fish: Salmon, trout, haddock, tuna and others. My personal favorites are the wild-caught fish. Again, they are unprocessed and have a very low percentage of carb. Fish is recommended over meat simply because it has less fat. It has all the right nutrients and is 100% lean meat. You can make a tuna salad with some lemon, salt and pepper, or you can add it as a breakfast protein with a side salad or egg.
- Eggs: Omega-3 enriched or pastured eggs would be the best to eat. If you are looking for even better eggs, find a farm near you and buy from the farmer. It may cost a little more, but the results will be amazing. Again, protein is extremely important in a low-carb diet as you want to burn the fat and replace it with muscle to have a sexy lean figure. You can boil, fry (in coconut oil) or use it as an ingredient.

Carbohydrates/Vegetables/Fruits

<ul style="list-style-type: none">• Celery	<ul style="list-style-type: none">• Broccoli
<ul style="list-style-type: none">• Parsley	<ul style="list-style-type: none">• Cabbage
<ul style="list-style-type: none">• Cucumber	<ul style="list-style-type: none">• Spinach
<ul style="list-style-type: none">• Peppers	<ul style="list-style-type: none">• Asparagus

<ul style="list-style-type: none">• Olives	<ul style="list-style-type: none">• Peppers: green, yellow, red
<ul style="list-style-type: none">• Romaine Lettuce	<ul style="list-style-type: none">• Barley
<ul style="list-style-type: none">• Onion	<ul style="list-style-type: none">• Tomatoes
<ul style="list-style-type: none">• Cucumber	<ul style="list-style-type: none">• Oatmeal
<ul style="list-style-type: none">• Yam	<ul style="list-style-type: none">• Collard Greens
<ul style="list-style-type: none">• Sweet Potato	<ul style="list-style-type: none">• Carrots
<ul style="list-style-type: none">• Apple	<ul style="list-style-type: none">• Beans,
<ul style="list-style-type: none">• Orange	<ul style="list-style-type: none">• all types Brown Rice
<ul style="list-style-type: none">• Squash	<ul style="list-style-type: none">• Brussel Sprouts
<ul style="list-style-type: none">• Quinoa	<ul style="list-style-type: none">• Zucchini
<ul style="list-style-type: none">• Cauliflower	<ul style="list-style-type: none">• Lentils

<ul style="list-style-type: none">• Green Beans	<ul style="list-style-type: none">• Black eye Peas
<ul style="list-style-type: none">• Garlic	<ul style="list-style-type: none">• Legumes
<ul style="list-style-type: none">• Artichokes	<ul style="list-style-type: none">• Pineapple
<ul style="list-style-type: none">• Yogurt	<ul style="list-style-type: none">• Beets
<ul style="list-style-type: none">• Avocado	<ul style="list-style-type: none">• Peas

- **Vegetables:** Pretty much every vegetable known to man is low-carb and perfect for this lifestyle. You can make salads with spinach, kale, romaine lettuce, cauliflower, or even shredded carrots. Some have a higher glycemic index, therefore be careful with the portion sizes. They are full of vitamins though and can fill you up right away. Add some lean meats and proteins to your veggies for optimal results.

- **Fruits:** Fruits are tricky as they have natural sugar and therefore have a higher carb level. They are great for breakfast though; you can add them in your Greek yogurt, oatmeal, or just make a simple fruit salad. Again, careful with portion size.

Good Fats

<ul style="list-style-type: none">• Udo's Choice Oil Blend	<ul style="list-style-type: none">• Coconut Oil
<ul style="list-style-type: none">• Flaxseed Oil	<ul style="list-style-type: none">• Fatty Fish such as salmon, herring and trout
<ul style="list-style-type: none">• Fish Oil Capsules	<ul style="list-style-type: none">• Natural Peanut Butter
<ul style="list-style-type: none">• Olive Oil	<ul style="list-style-type: none">• Nuts and Seeds like Almonds Macadamia Oil

- Nuts and Seeds: Almonds, walnuts, sunflower seeds, etc. They are a great source of natural proteins and have a low carb percentage. You can add them to you fruit salads or to you vegetables and lean protein meal.

- Fats and Oils: Coconut oil, olive oil, and cod fish liver oil. You might've stepped back a little with that last one, but they are all low-carb ingredients that can be added to your lean protein,

salads, or cooking! They are full of nutrients that your body needs in order to function.

Finding Hidden Carbs in Everyday Foods

You may sometimes see products on the shelf that say “0g of carbs” or “No Carbs!” which of course makes you want to buy it right off the bat, especially if it’s something delicious like buttercream or anything that is usually filled with carbs. Those products are the ones I would recommend to stay the most away from; nothing in life is free of carbs. Everything has carbs, even if it’s in the tiniest amounts or is actually complex carbs that are good for you. Let’s look at those “no carb” delusion for a second though, because as a low carb eater you have to know how and why companies are allowed to hide carbs in the nutrition list.

For example:

If we look at a Buttercream’s ingredient label from the manufacturer:

Serving: 1 Tablespoon

104 calories

10 grams of fat

3 grams of protein

0 grams of carbohydrates

Keep in mind that Fat is 9 calories per gram, protein is 4 calories per gram, and carbohydrates are 4 calories per gram.

Fat: $10 \times 9 = 90$ calories

Protein: $3 \times 4 = 12$ calories

Carbohydrates: $0 \times 4 = 0$ calories

Total: 102 calories

I don't know about you, but 102 calories is not the same thing as 110 calories. Where is the difference found in then? My bet goes on hidden carbohydrates.

No one actually knows where the calories are from, and most people don't actually do the calculations to realize that there are hidden calories. You are not like most people though, you are a savvy low carb eater, and you want to get to the bottom of this. How it works is that manufacturers are allowed, legally, to round their ingredients' grams to 0 if it's lower than 0.5 (for example 0.41) per serving. Therefore if a serving of food has 0.41 grams of carbohydrate (which can come from corn syrup), the manufacturer can round it up to 0 and claim that it's carb-free. All

this completely legal! Which is why you must extra careful with anything “carb-free” and double check the grams in the nutrition label; take some time and quickly add up the calories and grams before putting it in your cart or in your mouth.

Chapter 6 – A Sample Day Of Low Carb Eating

While there is an endless supply of different variations to a low carb diet plan one can find and learn about online, it is imperative to at least start off knowing a few basic meal plan ideas to kick start your low carb dieting efforts.

So while the following meal plan ideas are enough to start off with, it is important to note that as with anything “variety is the spice of life” So make sure to learn about and expand your low carb dieting meal variations.

Breakfast

Option 1:

7 Egg White Omelet – allow 2 yolks only

1 cup veges eg. Mushrooms/capsicums

2 Plain Corn Thins (as alternative to bread)

Option 2:

1 cup Oats (cooked 2 cups) – (place ½ cup water in oats then cook in microwave or eat cold

(alternative is special K flakes or plain muesli with no dried fruit)

1 heaped tablespoon Natural Pineapple or 2 Kiwi fruit or ½ cup frozen berries

Lunch

Option 1:

3 hard-boiled eggs

A large green leaf salad of your choice

2 Tablespoons of low carb commercial or homemade dressing

Optional: Sprinkle with Spicy Sweet Pecans

Option 2:

200g Cooked Lean Meat: chicken breast, Fish of any kind, Rump Steak, Eggs (10 egg white) (230g raw)

1 full cup greens (coleslaw, herblaw packs at supermarkets, frozen vege is fine)

Tablespoon of lite oil dressing (Italian, french or olive oil)

1 full cup Basmati Rice (1 cup raw = 1.5 cup cooked). Or medium sweet potato (fist size)

Option 3:

Spinach/romaine salad with lean protein (tuna, salmon, chicken, etc.), oil and vinegar, and lots of veggies

Afternoon Snack

Option 1:

1 oz string cheese

Option 2:

20 Plain Nuts = cashews/almonds or walnuts (inside palm size)

Dinner

Option 1:

6 Egg Omlette with 6 slices smoked salmon with salad on side

Option 2:

200g Grilled Chicken

2 full cup greens (coleslaw packs as mentioned)

2 Tablespoon Lite Cottage Cheese - OPTIONAL

Option 3:

Grilled 200g Hamburger patty,

2 cups steamed broccoli & cauliflower or artichoke

Dessert

Option 1:

8-10 strawberries, dipped in

¼ cup sugar-free chocolate sauce (ganache)

Option 2:

½ cup of low sugar jell-o

Chapter 7- Following a Low-Carb Diet for Vegetarians

If you are a vegetarian, the possibility to follow a low-carb diet exists for you as well. Although you need to make some additional accommodations to make sure that you are getting the proper nutrition, you can still do it.

To follow a successful low carb vegetarian diet, you would need to ensure three simple steps: cut the carbs, add fat, and boost the protein intake.

We already know that cutting the carbs means taking out all simple carbs from your diet, first of all. Therefore anything white must be crossed off the list; no sugars, white flour foods, and processed food. Adding fat can also be easily done by using

coconut oil, tofu spreads, soy yogurts, etc. which can be ideal for vegetarians or even vegans.

Keep in mind that when you cut carbs, you need to add fat to your diet to make up for the lost calories, therefore don't worry if you eat more fat than carbs, that's the whole point of it! Adding proteins, which is the next step, will burn off the extra fat calories, although they are healthy fat.

It's extremely important that you get enough protein. For people who eat meat and fish, it's not really an issue. Vegetarian diets though have a small limitation on protein, which is why we have to find other substitutes. For most people, 60 to 80 grams of protein per day is a necessity. If you work out on top of it and need want to add even more muscle, one gram per kilogram of your current weight is ideal.

The thing with vegetarian protein though is that all protein other than fish and meat contain carbs, even in the tiniest amounts. Which is why you have to choose your proteins very carefully and keep a good eye out for they carb percentage.

So what exactly could you eat (vegetarian/vegan options)?

- Eggs (vegetarians): very low in carbs and extremely rich in proteins and other nutrients.
- Yogurt (vegetarians): plain yoghurt is your best bet! There is now a new hype with Greek yoghurt, which is actually the best dairy product out there in terms of protein. It contains whole milk and helps the digestive system clean itself up. Great source of protein and low in carbs, if bought plain.
- Nuts and seeds (both): You may as well call yourself a squirrel because these babies will be your new best friend. They are high in fat, which is great, low in carbs, which is even better, and high in proteins! You can eat them roasted, raw, grounded, or whole and add them to various meals to spread the proteins throughout the day.
- Tofu or Tempeh (both): These are a great source of protein in a low carb lifestyle. The beauty of it is that you can actually eat as much as you want because it's extremely low in carbs. You can cook it in coconut oil, or boil it and make a delicious vegetable soup. You can even make desserts, such as yoghurt or various fruit spreads.

Chapter 7 – 5 Common Mistakes On The Low Carb Diet To Avoid

One does not have to be a scientist to understand the common mistakes on a low Carb diet. But it does help to know the basic roadblocks to success with the Low carb diet and how you can skilfully avoid them. Now let's get started.

Getting the wrong information – With the advancements in technology and the ability to project your point of view to the world in an instant on social media, we must be careful on the advice we listen to in regards to Low Carb dieting. Just because they have a six pack does not always mean what they are saying is truthful.

Surrendering in the middle of the process - There are a variety of approaches to low carb dieting and there are bound to be teething problems at the beginning. It is important to figure out which approach is good for you to avoid giving up in the middle of the process before results have a chance of happening.

Lack of sufficient fat - This could be mistaken for a low carb diet as a result of thinking that low carb means low fat. As the body needs something to use as fuel and it cannot find carbohydrates it then turns to burning fat, but it cannot do that without good fats being present in the diet. Therefore it is important to add good fats in to your body while on low carb diet.

Lack of enough vegetables in the diet - While dieting on low Carb diet some people tend to forget including vegetables and fruits in their diet. This will be disastrous in the end because vegetables and fruits should be eaten in large quantities by one dieting on low carb especially fibrous carbs (to keep you regular).

Poor planning - Sticking to a new eating programme sometimes might be a problem and one might find himself or herself doing what they used to do before. Therefore one is advised to plan before hand to facilitate free adoption of the new eating habit which means you will know what to eat and when to eat it without going through the dreaded "What should I eat?".

Use of low carb packaged foods - When buying low carb foods that are packaged it is of great importance to understand the ingredients. Most of them contain maltitol which is bad sugar that is not required by a lot of bodies. Therefore this packaged low carb foods need to undergo careful experiments.

Insufficient fibre in the diet – Mentioned briefly before, Eating of vegetables and fruits help in ensuring that one eats enough quantities of fibre. But forgetting or skipping vegetables and fruits reduces the level of fibre intake in the body and this can be disastrous in the long run.

Now that you have learnt how to avoid 7 of the biggest roadblocks to success with the Low Carb diet we will discover whether or not exercise is important while Low Carb dieting and how to go about it.

Chapter 8 - Should I Exercise On A Low Carb Diet?

As most individuals do when it comes to getting healthier, you may want to combine an exercise program with a low-carb diet, especially if you want to accelerate results.

Exercising while on a low-carb diet isn't terribly different than exercising if you ate any other way. One thing to note that is different, however, is that it's advisable to eat the majority of your daily carbs around the time just before and just after your workout, especially if you're lifting weights.

Low-carb diets can leave you feeling more tired than usual and could affect the quality of your lift- that's why timing your carb consumption just makes sense. Also, reducing the intensity of your cardio and switching from highly intense, short workouts to moderately intense, longer workouts will burn less of the carb stores in your body.

So what might a day of exercise and eating look like on a low-carb diet?

Cardio

Approximately 3-5 days a week, do 30 minutes of moderate-intensity cardiovascular exercise. Try the elliptical, stationary bike, stairmill or treadmill or group fitness classes

If you do not have access to a gym or fitness facility

Here are some moderate exercises you can do and enjoy:

1. **Get out and about.** Make use of your surroundings. You can walk your dog, with your partner or child. Encourage your family to do the walking exercise daily and you will find yourself burning calories while enjoying the surroundings and getting enough sunlight that is also good for your body.

2. **Discover the wonders of Yoga.** Yoga is one effective exercise that energizes not only your body but also your soul. You

may want to learn even the basic yoga positions that are not too complicated but proven effective. A five-minute yoga exercise can perk you up and recharge your body with the energy you lost for the whole day. You relax and at the same time you stretch!

3. Engage yourself into sports. Play basketball, football, baseball, tennis or badminton. Many doctors have recommended sports as an effective way to stay fit and healthy. Sports can also be done in moderation. Do not take it seriously. Shooting basketball with a friend is one moderate exercise that is also considered a sport.

4. Join exercise programs at work. If you still do not have exercises programs at work, then why not start it? You can talk to your boss about it and start with your colleagues. You do not only lose calories but it is also one good way to bond with them. This can be done 30 minutes, 3 times a week.

5. Exercise while doing household chores. Gardening, raking leaves, lawn mowing, doing the laundry, vacuuming and car washing are effective moderate exercises at home. Make use of

these chores to sweat and burn calories. Instead of using machines and gadgets to perform these chores, why not do it with your hands and burn some calories?

Making exercise part of your daily routine will surprise you of how many calories you will burn. Doing these moderate exercises of the same amount every day can burn 150 calories up to 1,000 calories a day add that to an effective low carb diet and nothing will stop you from getting the body of your dreams!

Chapter 9 – How To Dine Out On The Low Carb Diet

Dieting can be stressful if you are constantly worried about which foods you can and can't eat. Eating out while dieting can sometimes be a nightmare. However, eating out on a low carb diet is just the opposite. It is very easy to adapt food from almost any cuisine at any restaurant to suit a low carb way of eating.

Just remembering three things will keep you on track when you eat out:

1. Know what you can eat, and what to avoid!
2. Plan ahead!
3. Stick to your guns!

Eating low carb means you actually have a lot of flexibility with your diet. Knowing which foods to avoid makes it easier to eat out without trying to guess what is acceptable. Great choices to look for when eating out include meats that are not breaded or

battered, vegetables, salads, and fish that is not battered. Potatoes are generally off the menu, but why not try extra veggies instead? Consider eating 'outside the box'. If you want a juicy burger, go ahead and have it, without the bun. Replace the fries with carrot sticks to round out your meal. Salads offer unlimited options, as almost any meats and vegetables can be thrown in, and many restaurants offer some type of salad on their menu. Steak and mixed vegetables are always a great choice, and tasty, too!

Perhaps the most overlooked key to successfully eating out on a low carb diet is planning ahead.

This simple step can save a lot of stress and worry. You'll already know what you can eat, so the next step is finding out what is on offer at the place you want to eat at. Go online to view menus ahead of time. You can even call the restaurant and ask questions about food preparation and ingredients. This way, you will be armed with the info needed to make good food choices. This step eliminates the stress and worry over what you'll order once you arrive, so you will be able to focus on enjoying your meal!

Above all though, The most important thing you can do when eating out low carb is to stick to it. Many are tempted by the bread basket, teased by the desert tray, and give in to the pressure to be 'normal'. Maybe you don't want to seem demanding. Whatever the reason, just remember, you deserve to feel healthy and be happy. If it helps, consider your low carb diet the same as anyone that requires a special diet for a medical condition. There will be some foods you just can't eat, but don't be afraid to ask for the ones you can!

With more people choosing to eat low carb, restaurants are adjusting many of their menu items to accommodate. There are lots of great options available if you want to eat out and enjoy low carb foods. Knowing what you can eat, planning ahead, and sticking to it will keep you on track with your low carb diet. Use these simple steps to enjoy eating out on a low carb diet anytime!

Conclusion

Well, we've made it to the end of our introductory guide to the Low Carb Diet and clarified the major things when thinking of starting it. Hope you've enjoyed it!

Living in a world where junk food is literally at our fingertips everywhere we go, it can be hard sometimes to stay on track amidst temptation in every direction we turn.

Now, looking forward. Parties, holidays and other festive occasions seem to be constant temptations and can really test your willpower. While slip ups will happen, as we're human after all, you don't have to let one slip up derail your efforts completely. Learning and becoming familiar with different tips and tricks to incorporating a low-carb diet into your lifestyle can be a big lifesaver.

Play with Carb Timing- It's important to figure out what time/times of day your body needs carbs most and to eat them

accordingly. For example, you may notice a lack in energy at first when starting a low-carb diet. If you need energy most first thing in the morning, eat carbs then. If you're more of a night person, eat carbs around that time. Play with different times of day to find what suits you and your body the best.

Pay Close Attention- Let's face it, not every diet is for everybody. If you notice a big change in sleep, mood, etc. while on a low-carb diet, be cautious. If you made a sudden change from an eat-anything-you-want diet to a low-carb diet, your body may be taking a hard hit. Make gradual changes and stop the low-carb diet if you notice anything major start to change (for the worse) with regard to your health.

Pack and Prepare- Dodging that party invite is going to become unavoidable. Killing your social life over fear of a table full of chips and crackers is silly. Eat a healthy meal before going to social events where foods will tempt you (read: never go hungry!). Pack a healthy low-carb diet friendly snack to bring with you. Eat that instead of diving face first into a plate of Cheetos.

Dine Smart- Humans eat out at restaurants sometimes. You're human, therefore you will find yourself out with a group of friends, on a date, or with the kids at a restaurant at some point. Just because you're on a low-carb diet doesn't mean you have to shun the menu and sip water all night. Skip the bread basket, opt for a lean protein (boiled or grilled, not fried or breaded), have a salad with oil and vinegar instead of dressing, and order lots of non-starch vegetables.

In the quest to be healthier and live happier and longer lives, it's important to find something(s) that work well for you and are worth it.

While low-carb first was introduced as a diet, for some it has become a way of life. For others, it's a on again, off again, when the time is right based diet. Whatever it may be that works best for you is what you should stick to. Remember that the end goal is to be happy and healthy, not feeling deprived and miserable. Find what makes your body happiest and you will be happy in return.

Well I hope our introductory guide has shown you everything you need to start the wonderful practice of Low Carb Living. Good luck for the journey and begin today!