5 Low Carb Diet Tips

. Some lower carb diet pointers: * Make reduced carbohydrate bread crumbs for breaded foods. Whilst you can sometimes buy reduced carb breadcrumbs, you can make them yourself by using reduced carb bread. All you have to do is toast the reduced carbohydrate bread in your oven on a baking tray. When it is well toasted, grind it in your food processor. To store, keep in an airtight jar. * Use soy flour or soy baking mix. When you have to use flour for baked goods, substitute it with soy flour or a soya baking mix such as Atkins bake mix. In most cases, you can change your most popular recipes that use conventional wheat flour to use these. * Use splenda as a substitute for sugar. Many recipes that require sugar can be changed to make use of splenda instead. It is much lighter so you will need to do a bit of trial and error and it might not work in every case, but it gives pretty good results once you get the measurements right. * Understand the food labels Don't trust the food label that boasts to be 'low carb' - check the nutritional information figures on the reverse of the package. Some are only a little less and in some cases still more than a competitors normal brand. In addition, beware of 'low sugar' and 'low fat' labels - 'low sugar' doesn't always mean 'low carb' - often the carbs are identically the same. * Eat regular meals Most reduced carb recipes are, well...., low in carbs. Your body requires energy, and carbs are a quick acting energy source. A reduced carb diet needs extreme care in controlling your energy intake, as any energy contributed by protein and fat is far slower to act.

About the Author

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