

Does The Low-Carbohydrate Diet Work?

With slim people filling the catwalks and the red carpet premieres in boob tubes and magazine features, it is hard not to feel the urge to also lose those pounds and be able to wear the same dress or outfit as your favorite celebrities. These kinds of media coverages are perhaps the instigators for young America to shape up and slim down. Because of the recent emphasis on slimness and thinness, a slew of diet programs have started to saturate the market. From nowhere, diet plans such as the Atkins Diet, the South Beach diet, the Macrobiotic, the cabbage soup, the Weight Watcher's Program and a lot more, have materialized. Despite some of the criticisms hurled at these diet programs, most of them actually work. In fact, a lot of celebrities are faithful to some of these diet plans. Some even endorse the programs. Among the most popular and the most controversial are the low carbohydrate diets because of their positive and negative aspects. Some criticize the diet plans as something that can lead to starvation. The lessening of carbohydrates in the diet and emphasis on proteins can hurt the liver in the long run. Some also do not like the fact that most of these diet plans have prepared and pre-packed foods given to the dieters, something which people find really dubious. Still, compared to other diets, especially those that are unstructured, low carbohydrate diets are already pretty advantageous. In fact, among the kinds of diets in the market, low carb diets are the most successful perhaps because of their rate of effectiveness. Here are some of the advantages of these low carb diets. No starvation Compared to other kinds of diets, especially the unofficial self-made kind, low carbohydrate diets do not starve you. You will still eat three times a day. Sometimes, you can even eat some snacks. These diets do not believe in allowing their dieters not to eat several days in a row. They do not even countenance skipping of meals, something that most dieters do thinking that it will make them lose weight faster. With low carbohydrate diets, dieters are asked to forgo with carbohydrate-laded foods. Examples of these are rice, corn, bread, dairy products, egg, etc. For the first part of the diet, they are only allowed to eat proteins, meat, fish and of course vegetables. Exercise Some low-carb diets also incorporate a little bit of an exercise component. Although too much activity is also not good because of the low concentration of carbohydrates in the body, which supplies the energy, some form of exercise is also needed to improve blood circulation. Support group Another great thing about these low-carb diet programs is the fact that it provides its dieters a support group that will help them through their diet program. Some even provide counseling sessions especially to those who have to lose a lot of weight. Pre-packed and balance meals Most of these low carbohydrate diet programs have already prepared foods and meals that are supervised by dietitians and nutritionists. Because of this, you can be sure that what you are eating is nutritious. Change in Lifestyle By signing up with the program, little by little, your eating lifestyle will also change. Because you have gotten used to eating veggies, you will be craving for it even after the program.

About the Author

Healthy diets and regular, adequate physical activity are major factors in the promotion and maintenance of good health throughout the entire.

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