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## How Low-Carb Diet Plans Treat Carbohydrates

By Rick Trojan

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A number of popular diets are focused on carbohydrates. Some demonize them. Then warn you against eating any carbohydrates. Others in fact, emphasize a high carbohydrate intake. Here is how low-carbohydrate diet plans treat carbohydrates. (Such as The Zone, Atkins, South Beach and others)

For more than two decades. Dr. Robert Atkins preached and sold the gospel of protein is good for you. And carbohydrates are evil. Until recently, this line of thinking was beyond the pale. Now there is some new evidence. That backs the idea that a high- protein. Low-carbohydrate diet. May accurately help you lose weight.

Whether such a diet that also includes bacon, steaks, butter, cheese. And other foods with plenty of saturated fat is good for your overall health is another matter.

In theory, a high-protein/low carbohydrate diet could help increase your satiety. A feeling of fullness that comes with eating. Fewer carbohydrates could also avoid fast and high rises. And falls in your blood sugar. Which may also keep your hunger at bay. Together, these could help you avoid overeating. Making you satisfied with fewer calories.

That's the theory. Unfortunately, there are few good long-term studies to test it. Short-term studies have shown low- carbohydrate diets to be safe in the short term. But your weight loss is due mostly to a reduced caloric intake. Not necessarily to the low-carbohydrate nature of the diet. Such reductions often happen when you drastically change what you eat.

Two year-long studies published in the New England Journal of Medicine. Suggested that the benefits of a low-carbohydrate diet. May last for six months to a year. These studies compared high-fat, high-protein, low-carbohydrate diets. With low-fat, moderate-protein, high-carbohydrate diets. In both studies. The low-carbohydrate approach produced more weight loss at six months. However, by the end of a year weight loss was similar with both diets.

Apart from the uncertainty about their ability to maintain your weight loss. A high-protein diet could cause you long-term problems. Many of the high-protein foods that you choose. While on this type of diet (red and processed meats, cheese, and full-fat dairy products, for example) are high in saturated fat. But low in vitamins and minerals. This may increase your risk for heart disease and colon cancer.

Diets very high in protein (especially animal protein, like red meat). May also increase the risk for osteoporosis in women. Because your body takes calcium from the bone. To neutralize the acids that

build up in your blood. From the result of you digesting such large amounts of protein.

Until more is known. About the true risks and benefits of high- protein/low-carbohydrate diets. You should view them with caution. Keep your protein intake at moderate amounts (about 8 grams a day for every 20 pounds of body weight). Vegetable protein is a better choice than animal protein. And don't skimp on the healthful carbohydrates such as whole grains, fruits, and vegetables. These should still make up a large part of your diet.

You can minimize or avoid any diet deficiencies associated with low-carbohydrates diets. When you approach your low- carbohydrate diet as an integrated part of your \*-lifestyle-\*, not solely an ingredient focus.

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## Low Carb Ice Cream

By Joan Winthorp

As the low carb diet continues to create a booming impact to its dieters, the low carb diet arena then began to produce after the exciting six-part series of frozen desserts, and included in this food trend is the making of the reduced sugar and low carb ice creams.

Speaking of low carb ice cream, there are some low carb ice creams that can not be technically called "low carb ice cream" due to their cream contents, however, they are still low carb ice cream alike. Fortunately, the ice cream companies are now working hard to provide the ice cream consumers with frozen desserts that have reduced sugar contents, which ultimately reduce the products' calorie and carbohydrate contents.

And one of the good news that accompanied the production of the low carb ice cream is that most of the reduced sugar desserts really taste yummy. However, there are some studies which noted that reduced sugar does not eventually mean the treat is low in fat. But despite that possibility for the low carb ice cream, there are still some frozen desserts that are both low in fat and carbohydrates.

It is as well interesting to know that many studies about the low carb ice cream have considered that only half a cup of the low carb ice cream is a reasonable serving. However, it is still considerable that even if an ice cream carton trumpets that has low sugar or calorie levels, or has no added sugar, or even has low carbohydrates, they might have probably fat contents that would contribute a bad effect.

So if you are one of those who love low carb ice creams, following are several low carb ice creams that are best recommended for family preference.

One of the noted best recommended low carb ice cream is the Edy's No Sugar Added Triple Chocolate low carb ice cream. Many who have tasted this low carb frozen dessert have considered it as low in fat, low in sugar, and tastes so yummy. And in fact, there are fudge sauce swirls in this chocolate ice cream.

And also of great interest is the Vanilla Ice Cream that can really be considered as a low carb ice cream for the fact that it contains a lower carbohydrates count for two carbohydrates per serving. This particular low carb frozen dessert is made by these ingredients: five egg yolks, a cup of Splenda, 1 and ¼ cups of heavy cream that is whipped.

All of these mentioned low carb ice creams are really considered as nice favorite treats. So you can keep yourself and slim down with these low carb frozen desserts.

Joan Winthorp is a fitness and nutrition expert. If you ever wanted to know if the Low-Carb-Diet works or does not - than the website at <http://www.low-carb-diet-secrets.com> was written just for you.

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