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How High-Carb Diet Plans Treat Carbohydrates

By Rick Trojan

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by: **Rick Trojan**

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 high-carbohydrate diet plans treat carbohydrates. (Such as Ornish, Pritikin, and Food for Life)

For years you've been hearing that eating a healthy diet. Means cutting back on the total amount of fat. While eating more complex carbohydrates. Thousands of "low-fat" alternatives now crowd your supermarket shelves.

But is simply cutting back on fat. Then loading up on carbohydrates a healthy way to eat or to lose weight? Current research suggests that it isn't. Just like researchers have learned that not all types of fat are bad. They have also discovered that not all types of carbohydrates are good for you.

It's easy for you to fall into a low-fat trap. Gram for gram. Fat has more than twice as many calories as either protein or carbohydrates. Then it seems logical that choosing low-fat products will help you with your weight loss. However, all too often the low-fat products on supermarket shelves are packed with sugar. And highly processed carbohydrates. Making up for the taste that's lost when fat is removed.

These low-fat alternatives often contain just as many calories as the full-fat versions. Some may even have more! Another problem is that you mistakenly think that because a food is low in fat. You can eat as much of it as you want without gaining any weight.

As far as your body is concerned. Calories are calories. No matter where they come from. Eat too many calories (whether from fat, carbohydrates or protein) and you'll gain weight period.

Aside from weight loss. The popularity of low-fat food has broader implications for your health. Commercially prepared low-fat foods tend to be rich in highly processed carbohydrates. Thus causing big spikes in your blood sugar level. Over time this can increase the chances of you developing heart

disease and diabetes.

For example, in a study of 80,000 nurses. Harvard researchers calculated that replacing a given number of calories from polyunsaturated fat. With an equivalent number from easily digested carbohydrates. Increased the risk for heart disease by over 50 percent.

Some other studies have found that a low-fat, high-carbohydrate diet. Particularly one high in sugars. Can worsen your blood cholesterol and triglycerides levels. Both of which are risk factors for heart disease.

You can minimize or avoid any diet deficiencies associated with high-carbohydrates diets. When you approach your high-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.

How High-Carb Diet Plans Treat Carbohydrates

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

was written just for you.

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