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Low Carb Dieting Tips: When You Reach Your Plateaus

By **Melissa White**

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We all get to that place in our weight loss plan where we seem to be getting less results if any. Many of us may feel like it is hopeless and that we have gone as far as we can. A plateau refers to an extended period of time during our weight loss efforts where there is no weight loss according to the scale AND no loss of inches according to the tape measure. This can happen even if you are sticking to your low-carb diet plan. If this seems to be your case chances are that you aren't as stuck as you may think. There are a few things you can do to keep your body in check:

*First, take your measurements. There is a chance that if you aren't seeing the pounds drop in numbers that you are still losing inches. So don't stop your low-carb eating plan.

*Second, check to see if your clothes that used to be a little tight now seem a little looser. Your body may still be losing fat. Now your body is at the point where it is starting to add lean muscle. And since fat is more bulky than lean muscle your clothes will begin to change the way that they fit you.

These plateaus can last for about three to four weeks. This is normal, so keep up with your low-carb eating plan as well as your regular exercise, and you will soon see the results. The changes that low-carbing makes to your body will last a lifetime so don't worry about a few weeks.

Now perhaps you have reached plateaus in your low-carb weight loss plan that is lasting longer than the regular four weeks. There are a few things that could be causing this upsetting stall in your weight loss.

#1) Your Carbohydrate intake may be too high. Some people need to keep their introductory low-carb diet level their entire weight loss period.

#2) Hidden Carbohydrates. You may be eating foods that you think are low-carb and yet you can be fooled. By sneaking into your diet these unwanted carbohydrates can add up fast. Know what foods

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you are able to eat and stick to those in your low-carb diet.

#3) Overeating. Eat when you are hungry and don't over do it. Just because you are eating the right foods doesn't mean that you can eat until you are overfull.

#4) Not Enough Exercise. You need to be exercising to boost your metabolism and help your body to burn unwanted fat. Especially weight training, which builds muscle that will essentially eat that same fat.

#5) Not drinking enough H₂O. A bare minimum recommendation is 64 fluid oz (that's 8 – 8 oz glasses) of water a day. If you aren't consuming enough water you can try to substitute with non-caffeine teas and diet sodas. Remember that these aren't the same as water but will help a little and are low in carbs.

Remember these tips and don't give up on your low-carb diet.

Melissa "Granny" White is a Low-Carb Diet fan and has been making delicious Low Carb recipes for years. You can get all 800 of her delicious recipes at:

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Low-Carb Dieting During Pregnancy May Benefit Your Baby!

By Melissa White

As low-carb dieters change their eating habits, it is likely that these habits will stay with them. There is no surprise then that more and more pregnant women are trying to maintain their low-carb routine during the months of pregnancy. There are new studies being done on low-carb dieting that point to the fact that there may be benefits in the long run for children of low-carb dieting.

Scientists from the Southampton School of Medicine have used mice to study the benefits of low-carb diets during gestation. It was found that pups born to mice fed a high-unsaturated protein and fat diet and low in carbohydrates were more likely to have low liver triglyceride levels than the pups born to mice fed a standard diet which was high-carb and low-fat. Low-carb pups also had higher amounts of protein that help in burning fat than the pups that were on the standard diet.

The mother mice were put on either the low-carb diet or the high-carb/low fat diets six weeks prior to being impregnated and stayed on the diets throughout their entire pregnancy as well as the duration of nursing. Post weaning all pups were fed the same high-carb diet, despite this fact, the pups born to the low-carb mothers were found to have significantly greater levels of the hepatic proteins CD36, CPT-1 and PPAR α , which help with fatty acid oxidation.

The mice on the low-carb diet ate about 21 percent less than the high-carb/low fat diet. These low-carb mothers also consumed about 57 percent fewer carbs, 23 percent more protein, and 153 percent more

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fat than the high-carb mothers.

Humans too need to maintain low levels of liver triglyceride and a good lipid (fat) metabolism. This will help reduce the risk of coronary artery disease. This disease alone kills thousands of Americans each year.

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