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Low Carb vs. High

By Moss Greene

Low Carb vs. High

by: **Moss Greene**

This chart shows you carb, fat and protein comparisons:

Carbs Fat Protein

Atkins 3–20% 45–65% 25–35%

South Beach 10–25% 50–70% 20–30%

Healthy 50–60% 20–30% 20–25%

Ornish/Pritikin 70–80% 5–15% 10–15%

Moss Greene is the Nutrition Host at Bellaonline.com. Visit her web site at

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Low-Carb Dieting During Pregnancy May Benefit Your Baby!

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