

Low-Carb Dieting During Pregnancy May Benefit Your Baby!

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Low-Carb Dieting During Pregnancy May Benefit Your Baby!

By Melissa White

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by: **Melissa White**

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Top 10 Reasons Why Low Carb Dieters Can Get Fatter and Fatter

By Henri Schauffler

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10. Not Counting Carbs - Carbs must be counted just like calories

9. Disregarding a common sense approach – ("I can eat as much fat as I like - it's low carb!")

7. Dieting alone – not enlisting the help of a support network

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