

Weight-Loss-Review.com shares 7 Buyer Beware tips about "low-carb" foods.

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Weight-Loss-Review.com shares 7 Buyer Beware tips about "low-carb" foods.

By Michael Huddleston

Weight-Loss-Review.com shares 7 Buyer Beware tips about "low-carb" foods. by Michael

Huddleston

With new year weight-loss resolutions in full swing, consumers are discovering new "low-carb" food choices on the grocery store counters. Micahel Huddleston, president/publisher of Weight-Loss-Review.com, a popular weight-loss site, is pleased to present these seven useful tips for "low-carb" foods.

Low-carb foods are spendy, trendy, and tricky. In fact, "low-carb" is not what it seems. Benefits these foods might offer for weight loss or nutrition are debatable, at best.

Hundreds of newly available "low-carb" foods may actually make weight loss more difficult. Dieters are falling into the trap of thinking that eating "low-carb" foods will automatically cause pounds to drop off.

1. You may conclude, logically enough, that a food lower in carbs is also lower in calories. If you replace carbohydrates with protein (that's the main change), you still have just as many calories, if not more.
2. You may also conclude that "low-carb" claims must be true and meaningful. In reality, labels are, essentially, misleading. The FDA has no definition of "low-carbohydrate" and has never approved any "low-carb" labels. Any food can be so labeled. Food companies - not nutrition experts or government sources - have generated terms like "net carb" or "effective carb" to promote new products.
3. These products often have nearly as many carbs as conventional products, however, the labels disguise this fact with several tricks. Most often carbs, are actually seperated into two listings resulting in a lower "carbohydrate" number, labeled as "effective carbs" or "net impact carbs." Fiber, for instance, doesn't affect blood sugar the way other carbs do, so "low-carb" manufacturers do

not count it. If a food has 10 grams of carbs, but 6 grams are fiber, the manufacturer simply subtracts the 6 and claims only 4 "net impact" carbs.

4. How do companies reduce the carbs in various foods? They replace refined wheat flour with soy flour (higher in protein), soy, or wheat protein, or corn starch, add extra fiber, such as wheat bran or oat bran, and add high-fat ingredients. Finally, they replace sugar with sugar alcohols (maltitol, lactitol, or sorbitol) or artificial sweeteners.

These changes are not necessarily unhealthy. But these products end up having nearly the same caloric impact as their regular counterparts. Protein has as many calories as carbs do, and fat has more than twice as many calories as carbs do.

5. Sugar alcohol, which is a key ingredient in "low-carb" baked goods, can act like a laxative. If you eat a lot of "low-carb" foods, stay close to the bathroom and be prepared for some stomach aches

6. Sugar alcohols do have carbs – approx. 1/2 to 3/4 the calories of regular sugar. The body will use these as fuel, or store them as fat, just as it does with standard carbohydrates.

7. Don't be fooled by "low-carb" foods. There's no evidence they will help you lose weight. They are not significantly more nutritious or less caloric than many conventional foods. They eat up food dollars better spent on good healthy foods such as fresh fruits and vegetables. Many "low-carb" foods are twice as expensive than conventional foods. This is true of most "trendy" foods, and just increases the odds of another short-lived expensive, weight-loss adventure.

Weight-Loss-review.com is a weight loss members only subscription web site. It is a privately-held company, based in Eugene, Oregon, and can be reached at 877-858-3775. For more information, visit <http://www.weight-loss-review.com>

Michael Huddleston, President/Publisher Weight-Loss-Review.com

Low Carb Dieting Tips: When You Reach Your Plateaus

By Melissa White

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 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:

.

Low Carb Dieting Tips: When You Reach Your Plateaus
Do Low Carbohydrate Diets Lead to Weight Loss Success?
Low Carb Diet Secrets Revealed!
Do The Trick With Low Carb Foods

Is Low-Carb Weight Loss Really Just Water Loss?

Obesity and Weight Loss

Beat that Fat

30-Day Low Carb Diet 'Ketosis Plan'

1000 Atkins Diet Recipes

Clickbank Automation System



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!