

What is low carb?

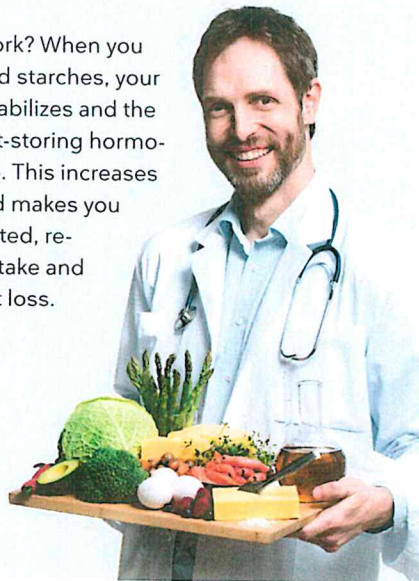
A low-carb diet restricts carbohydrates, which are primarily found in sugary foods, pasta and bread.

A low-carb diet means that you eat fewer carbohydrates and a higher proportion of fat. This can also be called a low-carb, high-fat diet (LCHF) or a keto diet.

For decades we've been told that fat is detrimental to our health. Meanwhile low-fat "diet" products, often full of sugar, have flooded supermarket shelves. This has been a major mistake, that coincided with the start of the obesity epidemic.

Studies now show that there's no reason to fear natural fats. Fat is your friend. On a low-carb diet, you instead minimize your intake of sugar and starches. You can eat other delicious foods - and still lose weight.

How does it work? When you avoid sugar and starches, your blood sugar stabilizes and the levels of the fat-storing hormone insulin drop. This increases fat burning and makes you feel more satiated, reducing food intake and causing weight loss.



Low carb for beginners



Eat freely

Avoid



Protein

Meat: Beef, pork, lamb, game and poultry. The fat is useful as well as the skin on the chicken. Choose organic and grass-fed if you can.

Fish and seafood: All kinds. Preferably fatty fish such as salmon, mackerel or herring.

Eggs: All kinds. Preferably organic.

Natural fat

Using butter and cream for cooking can make your food taste better and make you feel more satisfied. Try a Béarnaise or Hollandaise sauce, check the ingredients or make it yourself. Coconut fat, avocado oil or olive oil are also good options.

Do you have diabetes?

Once you start eating low carb you may instantly have to lower any insulin doses, a lot. You need to test your blood sugar frequently when starting this diet and adapt (lower) your medication. This should ideally be done with the assistance of a knowledgeable physician.

Vegetables

All kinds of cabbage. Asparagus, zucchini, eggplant, olives, spinach, mushrooms, cucumber, lettuce, peppers, tomatoes etc.

Dairy products

Always select full-fat options like real butter, cream (40% fat), sour cream and cheeses. Be careful with regular milk, reduced fat and skim milk as they contain a lot of milk sugar. Avoid flavored, sugary and low-fat products.

Nuts and berries

Enjoy low-carb nuts like brazil nuts, macadamia and almonds. Berries like raspberries, strawberries and blueberries are OK in moderation for most people. Great with whipped cream. Reduce or exclude for weight loss.

Everyday drinks

Water: Still or sparkling. Add a slice of lemon or lime.

Coffee and tea: Preferably with cream. Hungry between meals? Try mixing the coffee or tea with a dollop of unsalted butter and coconut fat.

Sugar

Soft drinks, candy, juice, sports drinks, chocolate, cakes, buns, pastries, ice cream and breakfast cereals. Also avoid artificial sweeteners: they often maintain sugar cravings.

Starch

Bread, pasta, rice, potatoes, French fries, potato chips, porridge, muesli etc. Moderate amounts of root vegetables are okay if you are not too strict with carbohydrate restriction.

Margarine

Industrial butter imitation with unnaturally high content of omega-6 fat and additives. It has no health benefits and tastes bad.

Beer

Liquid bread. Full of rapidly absorbed carbs.

Fruit

Contains a lot of sugar, eat it as a natural form of candy. Dried fruit contains even more carbohydrates. Coconut, citrus and melon contain fewer carbohydrates than, for example, bananas and grapes.

For special occasions

You decide when the time is right. Keep in mind that your weight loss could slow down a bit.

Alcohol: Dry wine (regular red or dry white wine), champagne, whisky, brandy, vodka and cocktails without sugar.

Dark chocolate: Above 70% cocoa, preferably just a bit.