Benefits of Low Carb Diets

Are you thinking of switching to a low carb diet but you’re unsure whether it’s right for you? While strict low carb diet plans can cause a range of nasty side effects, when done properly, a more relaxed low-carb diet offers many benefits.

Below well look at just some of the benefits you can expect when you follow a proper low carb diet plan.

Suppresses hunger and reduces appetite

Diets, by their very nature, can cause you to feel constantly hungry. It’s one of the major reasons most diets fail. However, when done right, a low carb diet can actually reduce the appetite and suppress those difficult hunger pangs.

It’s actually been proven through various studies, that those following a low carb diet do experience fewer cravings and pangs of hunger. So, why is this?

A good low carb diet doesn’t just decrease the amount of simple carbohydrates you consume, it also increases protein and healthy fat intake. These are both known to keep you feeling fuller for longer.

It combats a range of illnesses

Low carb diets are often used to help prevent and treat chronic diseases and conditions. These include diabetes, obesity, heart disease and hyperinsulinemia.

Reducing simple carbohydrates and replacing them with small portions of complex carbohydrates, helps to lower blood pressure and blood sugar levels.

Helping you to lose weight and target abdominal fat

When it comes to weight loss, low carb diets are proven to help you shed the pounds. Most impressively, they really help you to target the stubborn abdominal fat that can be difficult to shift through exercise.

Abdominal fat is typically much more dangerous than fat found in the thighs or buttocks, so eliminating it is also going to reduce your risk of developing potentially serious health problems.

There are a few reasons why low carb diets tend to work better than other diets for weight loss. Largely, they involve increased amounts of protein which, as mentioned earlier, help to keep you feeling full and prevent overeating. However, they also force the body to look for other sources of fuel and that ends up being stored fat.

Overall, there are so many benefits you’ll experience if you switch to a low carb diet. However, it is important to ensure you’re doing it correctly. If you don’t increase the amount of protein you consumer, or if you still consumer simple carbohydrates such as white bread, you won’t feel the full benefits.