3 Tips to Switch to a Low Carb Diet

If you’re hoping to lose weight and get healthier, switching to a low carb diet can really help. However, when it comes to actually making the switch, there’s a few factors you really need to consider.

It’s not as simple as just switching from your morning bagel to scrambled eggs for example. There’s actually a lot more to it if you want to ensure you’re getting the maximum benefits.

So, if you want to get it right, here you’ll discover 3 tips to switch to a low carb diet.

1. Focus on a low-carb, high-protein diet

If you really want to achieve the best weight loss results, it’s a good idea to increase the amount of protein in your diet. Not only does the protein help to build up muscle, but it also keeps you feeling fuller for longer.

Low carb diets are notorious for making you feel a little lethargic and hungry. So, by increasing your protein intake, you’ll find it much easier to carry on with your normal routine and you’ll also be more likely to keep it up.

2. Make sure you’re eating the right carbohydrates

Though You don’t want to cut carbs from the diet completely, it is important to ensure you’re choosing the right kind.

Complex carbohydrates are much healthier and beneficial to the body. So, switch from white bread to wholegrain and add foods such as non-starchy vegetables and fruits to your diet. These include things like spinach, broccoli, asparagus, plums and strawberries. The body finds it much easier to digest complex carbohydrates and they’re packed full of energy.

3. Snack on nuts

One of the biggest challenges you’re going to face on a low carb diet is fatigue. One way to beat this is to ensure you’re eating enough healthy fats. Nuts such as peanuts and almonds are rich in monounsaturated fats and will help to keep your energy levels up throughout the day.

Not only that, but studies have shown these nuts are also rich in Vitamin E, magnesium, fiber, arginine, and folate which all help to combat serious health issues such as heart disease.

Overall, starting a low carb diet can be an excellent way to get healthier. However, you need to ensure you’re doing it in the right way. The 3 tips above will help you to switch to a low carb diet while avoiding common problems such as fatigue and hunger.