5 Reasons to Start a Low Carb Diet

If you’re hoping to get healthier and lose weight, a low carb diet can be the perfect solution. However, due to bad press caused by fad low-carb diets, many people are understandably unsure about whether a low carb diet is healthy.

When done correctly, low carb diets can have amazing benefits for the health. Here we’ll look at just 5 reasons you’ll want to start a low carb diet today.

1. It’s fantastic for weight loss

There’s been a lot of scientific studies which have shown low carb diets are fantastic for weight loss. The amount you could lose depends upon a lot of different factors, but you’re guaranteed to lose some amount of weight simply by making the switch.

2. Blood sugar and blood pressure will improve

If you’re keen to improve your blood sugar or blood pressure levels, a low carb diet is the way to go. So, if you’re suffering from prediabetes or diabetes, you’ll find this type of diet particularly beneficial.

If you’re overweight, it’s likely you’re suffering with high blood pressure. This means you’re at a much higher risk of suffering a stroke or developing heart disease. A low carb diet can help lower the blood pressure, as well as help you lose weight, significantly reducing your likelihood of developing heart disease.

3. Improving your general health

We all know that eating plenty of fruits and vegetables is essential for our health. However, most of us find it difficult to make sure we’re eating enough. With a low carb diet, you’ll find yourself eating lots of fruits and vegetables.

It’s actually a common misconception that you can’t eat a lot of fruits and vegetables on a low carb diet. While it’s true stricter low carb diets such as The Atkins Diet, do limit the amount you can eat, a standard, healthy low carb diet plan does allow you to eat a wide range of fruits and vegetables.

4. Your appetite will reduce

Another common misconception about low carb diets is that you’ll constantly feel hungry and tired. This can happen if you’re not doing it correctly. However, when you increase the amount of protein and healthy fats you consume, you’ll soon find your appetite reduces significantly.

5. Increases good cholesterol levels

High cholesterol is something many people need to worry about. It can lead to all kinds of nasty, potentially fatal health problems. Low carb diets can help combat high bad cholesterol by increasing the levels of good cholesterol in the body.

So, if you’re looking to lose weight, lower your blood pressure and fight off bad cholesterol, a low carb diet can help.