Complementary Blog Post: 5 Reasons to Start a Low Carb Diet

Subject: Low Carb Diet Guidelines For Newbies

[firstname],

When you’re first getting started with a low carb diet you’re going to have a lot of questions. The biggest one is what guidelines are you supposed to follow.

First you’ll need to understand what a low carb diet is. As the diet indicates you’re going to be reducing the amount of carbohydrates that you eat. This doesn’t mean you are going to completely take then out of your diet. There are a few different types of low carb diets – so you’ll have to check with the one you plan to follow to see what their restrictions are on carbs.

The types of diets are Atkins, Ketogenic, LCHF and low carb. All of these follow similar diets, but not exactly the same. You’ll have to decide which one of these is best for you.

The basic guidelines for a low carb diet are restricting the amount of carbohydrates that you eat every day. The type of carbs you’ll be limiting included sugary foods such as cakes, donuts, cupcakes and ice cream. There are many more sweets that you won’t be able to indulge in – at least as often.

Not only that, but you’ll be watching the pasta and bread that you eat as well. Thankfully low carb diets have been around for awhile and now companies are starting to make these types of products for this diet.

You can still eat carbs, but you’ll have to watch how many that you consume in a day. Some diets are 30 while others are only 20. Most labels will tell you how many are in the products that you buy – so make sure you check that before you purchase it.

Going low carb means that you’re going to be in this for the long haul and making it a lifestyle choice, so make sure that you’re ready for the commitment.

If you’re still trying to decide if the low carb diet is right for you – check out this article on the blog that gives you five reasons to start this diet today.

LINK

The benefits for your health are tremendous. When you first stat it’ll be hard, but worth the effort.

Make a commitment and start the low carb diet today.

[Sign off]