

Food Trend: 3 Reasons Why Low Carb is an Effective Diet



Low carb diets are somewhat controversial because everyone has an opinion on whether or not they're effective. The science behind the restriction of carbohydrates instantly reveals why it's beneficial for weight loss and energy. The diet may not work for everyone, but you owe it to yourself to research the advantages before dismissing it out of hand.

Check out the following three reasons why a low carb diet is effective:

You Lose Weight More Quickly

Your body uses carbohydrates as its main source for fuel. That probably has you wondering why in the world you would ever want to limit your carb intake, right? Well, when you stop consuming carbohydrates, your body has to find something else to use as energy.. It turns to fat and attacks that instead.

That's why you need to focus on healthy fats: to give your body a fuel that it likes. Once your body begins to burn fat for energy, it enters ketosis. Another result of that is reduced appetite. You're not as hungry as often, and when you are, it doesn't take as much to satisfy you.

Because carbs are still an essential part of a healthy diet, you shouldn't eliminate them entirely. Shift your focus to carbs that occur naturally. More than anything, you want to stay away from refined carbs and stick to natural ones, such as grains, fruits, vegetables, nuts, legumes, seeds, and milk. Consider downloading the Lifesum app to track your carb intake. Not only can you monitor your carbohydrate consumption, but with [help from Lifesum](#), you can also make sure that you're only eating natural carbs.

You're Full for Longer

One of the main reasons people give up on a new diet is that they can't cope with the feelings of hunger that result from it. No one wants to feel hungry – or be hungry. An empty stomach causes you to lose focus. You can't concentrate, your head hurts, and your tummy becomes increasingly vocal about the situation. Soon enough, the urge to splurge is too strong to resist. You want to eat anything as long as it finally fills up your stomach.

Low carb diets are more filling. You experience satiety sooner as you eat, and the feeling remains with you for hours. That's because in the absence of carbohydrates, your diet consists of more fiber, healthy fats, and protein. As a result, you don't have to consume as many calories, but you're sated, and you

have energy to burn.

It's Excellent for Your Heart Health

A low carb diet allows you to eat some unbelievable foods, such as bacon and red meat. It seems like those types of foods would damage the health of your heart, but the opposite is true. When you consume vegetables and lean proteins more than anything else, it increases your HDL levels – that's the good cholesterol. This type of eating plan also decreases your triglycerides, not to mention that it cuts down on several markers for cardiovascular disease.

You might feel a bit skeptical at first, but talk to a few people who consume a low carb diet. Ask them how their lives have changed.