

## [Low Carb Dieting](#)

Low carb diets has become fashionable lately with the publication of the Atkins diet, South Beach and other diets on the market. Weight loss is a goal for many men and women and everybody is looking for the fastest solution to lose weight. A select amount of people may not need to lose weight at all but they may want to lose a few pounds for a special occasion. Others may need to lose for medical reasons or a person may have one hundred pounds or more that they want to get rid of in order to regain their health.

There are many different diets out there including low carb diets and the truth is that most of them will achieve weight loss if they are followed correctly. This will not mean that you always have to do what the diet says to do every moment of every day of your life. What is more important is how you handle the inevitable occasion when you eat too much or indulge on foods that are not mapped out on your diet. If you can write this off and continue on to your diet plan without feeling like you failed and you will never lose weight, you are likely to succeed. Everyone has have slip ups along the way - the important thing get back on track and accept them as a stepping stone to learning about weight management and keeping the weight off for good.

It is also important to find a diet that you can easily follow. Many low carb diets are successful with many people because the guidelines are quite simple. As the name suggests, the diet involves of avoiding or limiting foods that are high in carbohydrates. These include white bread, pasta, potatoes, rice and other grains. Also remember sugar is a carbohydrate. Once you understand what the key foods are, it is a simple matter to choose dishes that eliminate them.

Most criticism of low carbohydrate dieting is based on the fact that the dieters will receive most of their daily calories from meat, dairy and other high fat products. This may lead to high cholesterol and other healthy issues related to a high intake of saturated fats. With all diets it is highly recommend that medical advice is received before beginning this type of diet. Sometimes weight loss is easy in the early stages but after that most people may not be able to handle the restrictions of a low carb diet in the longer term and start to slip away from the diet.

One of the problems that many people have with low carb dieting is the elimination of favorite carbs like pasta and bread. No more toast, spaghetti or pizza! Many of the foods that are easy to prepare are based around carbohydrates - burgers in their buns, fries, sandwiches, pasta and sauce. Another item that is high in carbs are alcohol drinks like margaritas and pina colodas. It is true that alcohol is generally restricted on any diet, because of it's high content in calories and very low in nutrition.

Still there are many foods that are available to be enjoyed on a low carb diet. If you enjoy eating meat you will love the opportunity to consume beef, chicken and other animal products. The popularity of these diets is clear from the length of time that they stay on the bestseller lists. Low carb diets work, just make sure it suits your needs for successful weight loss in the future.

## About the Author

Natasha Hopkins won her battle of the bulge by losing 65 pounds on [Nutrasystem](#) and keeping the weight off. To learn more about Natasha and get more of her [diet tips](#), head on over to <http://www.my-weightloss-journey.com>.

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