



# Why say NO to "Low Carb" Diets?

- Carbohydrates are our primary source of **energy** and the only source of energy for our brains.
- When we do not have carbohydrates to use for energy, our bodies will begin to break down muscle for energy.
- The fat in our bodies will be partially broken down to use for energy in a process called ketosis (sounds promising but keep reading).
- The **ketosis** process can have harmful side effects including damage to the liver and kidneys.
- Other side effects of **ketosis** include headaches, fatigue, bad breath, nausea, dehydration and loss of appetite.
- Weight loss will occur on this type of diet, first you will lose water and carbohydrate stores, followed by loss of muscle.
- One of the reasons why you lose weight on these diets is not due to low carbohydrates but due to low total caloric intake (same process as any diet).
- Low carbohydrate diets do not restrict but many promote **saturated fat** intake, which is known to increase cholesterol and the risk of heart disease and stroke.
- By cutting an entire food group from your diet you will not be meeting your **vitamin** and **mineral** needs.
- These diets are monotonous due to all of the restrictions and therefore are difficult to maintain.
- As soon as the diet is stopped, weight will be regained, water first and then fat, but the muscle is not regained.
- Low carbohydrate diets are just that, diets, not a healthy sustainable way to eat.

## Why healthy eating?



- Satisfy your hunger, energy and nutrient needs by eating regular meals and snacks
- Dieting is not the answer, eat sensibly all the time
- **Enjoy** eating, you do not have to cut foods out that you enjoy
- At each meal strive for balance and variety by including a protein, grain, dairy, vegetable and fruit
- Try new foods to make eating **fun**
- By eating healthy you will have the **energy** to enjoy physical activity