

Is Low Carb Really The Best Diet For Fat Loss?

We all know that our diet has a huge influence on our weight, but with all the different dietary advice out there, it is hard to know which one to follow. Carbs have had such a bad wrap in recent years. But is it carbs we need to cut out to lose body fat???

Short answer is no. Carbs are not the enemy. The wrong types of carbs ie. Donuts, cakes, pastries etc, can be the enemy when eaten too often. But cutting out an entire food group from your diet is not the way to lose body fat. I love a piece of toast in the morning or a bowl of pasta for dinner. What we need to remember if we want to lose body fat is, calories in vs calories out. This also correlates with portion sizes. Yeah if you eat an entire loaf of bread in one sitting, chances are you wont be losing a whole lot of body fat, but don't blame the carbs, blame the portion control. Portion control, combined with healthy carb choices, can still achieve a calorie deficit, which is ultimately the way to lose body fat.

Now you dont necessarily have to eat less, you just need to eat the right foods. It is amazing how much food you can eat when you are eating the low calorie, high nutrient foods such as vegetables. So dont starve yourself. If you are CONSTANTLY hungry, you are setting yourself up to fail! Find what works for you, whether it be 5 smaller meals a day or 3 larger meals a day. As long as you are eating plenty of the good stuff, you are on the right track.

Technically yes, a calorie is a calorie but there is definitely a difference between consuming 200 calories of a cheeseburger and 200 calories of broccoli. This proves my point of not eating less, just eating right!

So what is the best diet for you to try???

Something I like to call the Lifestyle Diet!

What is the lifestyle diet? Well it is a diet I just made up. Because in my many years of talking nutrition and diets

to people, I have found only one to truly achieve long term results. And that is the diet that you can sustain long term, that suits your lifestyle. Some people love the low carb diet, it works for them. For me, I love bread, so low carb isn't going to work for me. Because if I restrict my carbs so much, that all I am thinking about is devouring an entire loaf of bread, than one day I am going to give in and it will be a nightmare. Just remember, carbs are not the enemy!

I am not a big believer in calorie counting. It can take a lot of time and effort and can add stress to your weight loss journey. HOWEVER, it is never a bad idea to get an idea of what your calories are currently looking like in a day so you can determine if you are consuming too many (or too little, and yes this is a problem and will slow your weight loss progress) calories, and make adjustments where required. But dont live by it day in and day out. Get an idea of how many calories are in what and then move on.

The answer to fat loss. Well there is not a one size fits all. Find a diet that suits your lifestyle. And remember that carbs are good! You don't need to cut them out to achieve results. You just need to make the right choices with the right portions. Don't over complicate it and you will find achieving your goals much much easier.

