

Why To Eat Low Carb



When I was growing up, most people believed that losing weight was all about “calories-in, calories-out.” Today, we know it’s a lot more complicated than that. The key to successful weight loss is understanding that not all calories are equal. It’s critical to understand what your body does with the calories it’s given. That’s what Plan Z is all about.

While Plan Z is more than just a low carb diet (it’s a fully supported program), I recommend all of my dieters eat low carb after completing the diet, for hundreds of reasons. We don’t have time to get into all of them today, so I am going to list my top 7 reasons below.

This is why I recommend you resolve to eat low-carb in 2024:

1. It lowers your cholesterol. Since 2002 over 20 human studies have proven low-carb eaters lose more weight than high carb eaters. So, low carb eating leads to improved cholesterol results. Has your doctor been barking at you to get your cholesterol down? This can help – a lot.
2. You’ll lose weight. Low carb diets are more effective in losing abdominal fat. You want to get that belly gone. Right?

3. A low carb lifestyle lowers your blood sugar level. When you eat carbs, they break down into simple sugars. That causes an insulin response. But when you eat too many carbs insulin's response is to turn the excess carbs into fat. Insulin is the fat hormone. It has no choice. Your choice is to not eat the carbs.
4. It makes weight maintenance easier. If you don't want to have to count calories, points, or give yourself injections, you want low-carb foods.
5. Type 2 diabetics stand to benefit the most from a low carb diet. Living a low carb lifestyle allows you to get your A1C back in line. The diabetic association folks say you can't cure diabetes, you can only control it. There are plenty of Plan Z dieters who have it under such great control they no longer need meds. "As a diabetic", Dieter Jay from Wisconsin says, "Plan Z Diet changed my life."
6. Low carb eating tastes great. Instead of living on low fat carbs, you get to eat things like butter and cheese without being afraid.
7. By eating a low carb diet you get full faster. Protein and fat fill you up. Carbs take a lot longer. That's why people can go to the movies and eat that whole tub of popcorn and still go out to lunch after the movie. The popcorn never filled them up!

Every year there are new fads hyped about how to lose weight. It's never ending. I saw a health segment that contends that if you wear yoga pants or sweat pants you'll eat more than if you wear pants that button. If you're eating low carb and sticking to it, you don't bloat like you do when you eat carbs. Keep the cozy pants.

So resolve to eat smart. Low carb is not a new trend. It is a smart solution to weight loss and weight management. Need proof? Just ask these folks.

Cheers,