

A vibrant coastal town built on a rocky cliffside overlooking the ocean. The buildings are multi-story and feature a variety of colors, including white, blue, red, and brown. Some buildings have balconies and are built on stilts. The ocean is a deep blue with white-capped waves crashing against the rocks in the foreground. The sky is a clear, bright blue with a few wispy clouds. The overall scene is bright and sunny, suggesting a warm, coastal climate.

Finally Free From Cravings!

Elizabeth Lykins, PA-C



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by Elizabeth Lykins, PA-C, MPAS

We have all heard about low carb diets (Atkins, South Beach, and others) but why bother?

Does it matter what diet we are on?

Isn't losing weight a simple formula of calories in less than calories burned?

Is there some advantage to living a low carb lifestyle?

I thought eating a low carb is unhealthy and harmful, with high protein and too much fat.....Don't we have to eat mostly carbohydrates to survive?

The answers to these important questions might actually surprise you! Research over the past decade or so has revealed that the way we have been eating the past 50 years (the low fat, low animal protein, high carb diet) not only is NOT good for us, but NEVER WAS. A great, easy-to-read book that exposes the fraudulent reporting of studies that paved the way for the low fat diet to become institutionalized is on the **New York Times Bestseller list** entitled *The Big Fat Surprise* by Nina Teicholz. (I highly recommend it!).

Ms. Teicholz spent years researching the data and interviewing the scientists involved in the promotion of the low fat diet with the idea that dietary fat was the cause of coronary artery disease and high cholesterol. This premise became a 50 year experiment that unfortunately led to increased heart disease, more diabetes than ever in our history as a nation,

and more obesity than ever (>70% of US residents are overweight in a 2010 survey). *Unfortunately, this dietary fat = clogged arteries notion, although well intentioned initially, could not have been more wrong!*

The only 2 food groups that our bodies absolutely must have in order to survive are **PROTEIN** and **FAT** (*not carbohydrates as we have been led to believe*). In fact, our muscles and our liver can manufacture the small amount of glucose that our brain needs from food sources other than carbs (fat and protein). We are all born with the ability for the body to exclusively use fat as fuel (instead of carbohydrates) as well as using carbohydrates for fuel. Carbohydrates give us quick fuel, but must be replaced frequently, while fat burned for fuel (becoming ketones) is more efficient and allows us to function for longer periods without refueling. We physiologically function more efficiently when we are in this fat-burning state (increased energy, more brain power, weight maintenance, improved cholesterol, and other benefits).

You mean, we should be eating more fat than carbohydrates for optimal health??

YES!

Human beings have survived many thousands of years by eating moderate amounts of protein and predominantly feasting upon animal fat during most of the year, except during the summer months when fruits, vegetables, and nuts were readily available. In most climates of the world, there isn't much of a growing season. The original inhabitants of these parts of the world with a short growing season (which includes the larger part of the United States) thrived with few or no carbohydrates available to them, for most of the year. Carbohydrates were considered temporary foods, were not easily stored, and did not provide the energy that fat provided. Ancient

people in most parts of the world have developed elaborate means of using animal fat for food (ghee, whale blubber, and other forms of stored fat).

The fact is, we are just not biologically meant to eat primarily carbohydrates for a sustained period of time. When we do, the body cannot process the extra carbohydrates without a cascade of events occurring that are not healthy.

What does that mean?

Over the past 50 years or more, the “wisdom” of the scientific community in the United States (and now exported worldwide) has promoted a diet high in carbohydrates, low animal protein, and low fat. The disastrous results of increasing obesity, Type 2 diabetes, heart attacks, strokes, sleep apnea, high blood pressure, high cholesterol, and many other health problems in staggering numbers has been the direct result of this approach. In addition to encouraging a high carbohydrate diet, processed and chemical laden foods have been developed and promoted with the goal of consuming them in high numbers. These types of food are “high reward” foods increase brain chemicals which create significant desire to eat more of them (much like what occurs with addiction of any kind).

Millions of people worldwide have suffered needlessly while most of us simply obeyed the common scientific and medical “wisdom” of our day. *This is not unique to modern times: Remember “leeching”, blood letting, frontal lobotomies, and many other atrocities in medicine that were thought to be helpful?* How could the “learned” community get this SO wrong? Ego, fraudulently reported data from poorly designed cohort (patient self-report) studies, and significant greed from the food industry combined with the lack of ANY nutritional training of physicians in medical school, created the perfect storm for our current dietary disaster with needless suffering.

It may surprise you to know that there are millions of people worldwide who eat less than 100 grams of carbohydrates per day, with a significant

percentage of that group who choose to live in the fat-burning state called ketosis (which is eating <50 grams of total carbohydrates per day). These individuals enjoy improved health, shed excess weight, have increased energy and stamina, and reduce or prevent development of Type 2 diabetes.

Ok then, how does the body *actually* processes carbohydrates and why are they not really good for us in large numbers....**Let's take a look at the FACTS!**

How Carbohydrates are Processed by the Body:

- 1) To simplify this complex chain of events in the body is difficult but let's try to break it down: When we eat foods containing predominantly carbohydrates, we either use them all for fuel right away for quick energy OR the body very efficiently stores any excess carbs by converting them into fatty acids (i.e. FAT) for future use (*nuts for the winter if you will, but winter never seems to come in cultures where carbohydrates and other foods are plentiful*).
- 2) After eating a high carbohydrate meal or snack which converts into glucose, the pancreas detects a high level of GLUCOSE in the bloodstream. The pancreas launches a full-on attack at the excessive sugar load in the blood, secreting **insulin** in large amounts to "clean up" the sugar in the bloodstream and get the blood sugar level back into the narrow range that is healthy (80-120 range). Blood sugars that are either too low or too high can be very dangerous, so this insulin response is designed for our survival. The blood sugar will begin to drop after the excessive dumping of insulin by the pancreas (usually producing more than is needed) with the extra glucose being converted into fatty acids for storage. Insulin's job is really to be a fat storage hormone.

In about 2 hours after that high carbohydrate meal and after excess glucose has been stored, the extra insulin in our bloodstream usually will drop the glucose level too low. *Unfortunately, our physiology is never really exact with the hormones produced.* Insulin is very seldom secreted in *exactly* the right amount when confronted with a huge amount of carbohydrates. As a result, we then have too much insulin lingering in our bloodstream, even after it has finished removing a big sugar load. This circulating excess of insulin will often cause the blood sugar to drop to a level that is now below normal. This low level biologically creates cravings for carbohydrates, in a desperate effort to bring the blood sugar back up to normal range. (Remember, the body cannot tolerate blood sugar levels that are too high or too low).

This widely fluctuating cycle of blood sugar rising and dropping repeats itself over and over again throughout the waking hours of any given day, for people who eat a high carbohydrate diet. The practical result of this type of diet is the creation of significant cravings for carbohydrates, untimely and excessive hunger, and mood swings that occur every 2-3 hours. *(Does this sound like you?)*

When eating the low fat, low protein, high carbohydrate diet (which is the traditional diet in most cultures of the world now), life is ruled by carb cravings with frequent indulgences of more and more carbohydrates, as a direct result. The end result is over-eating, weight gain, and fat storage.

Insulin's role as a hormone is not just to get high levels of glucose out of the bloodstream, but to lock down the fatty acids for future use as fuel. As long as insulin levels remain above normal, those stored fatty acids will not be used by the body. This ONLY occurs when insulin levels are normal or low.

If you eat the traditional American diet, your insulin levels *never* go down except when you are sleeping. This translates into fat being very

efficiently stored with each and every meal and not permitted to be used as fuel until the insulin level drops. *This explains why you can work your butt off in the gym without losing weight! **Insulin levels MUST go down before fat is burned!** Those high carb smoothies before and after your workouts only add even more fat to your waistline, in spite of all that hard work.*

INSULIN PRODUCTION= FAT STORAGE

3)As our sex hormones decline in potency with age (and not all that old for women unless you think being in your 30's is old), our *basal metabolic rate goes down* (which is how many calories we burn at rest) *with muscle mass naturally decreasing*. This means the older we are, the less calories we can consume without gaining weight. If we eat the same amount of food or calories that we did when our sex hormones were at higher levels, this causes weight gain. This occurs in both men and women but luckily for men, not until they are in their 40's or 50's.

HOW DO WE END THIS VICIOUS CYCLE??

Give Your Pancreas A Well-Deserved Break!

How to Do It:

The simplistic way to accomplish this is to **eat an average of less than 100 grams of carbohydrates per day**. *(The average American is likely eating more than 600 grams of carbs per day to put that into perspective).* For carbohydrate intolerant people like pre-diabetics or full-on diabetics, the

number of grams of carbs one can consume per day to avoid spikes in blood glucose (which ultimately ends up in weight gain) may be much lower, perhaps as low as 30-40 grams of carbs per day. The longer we abuse our pancreas over the course of years, the more likely it is that we will need to lower our daily carbohydrate intake further to avoid pancreatic “burn out”, otherwise known as **TYPE 2 DIABETES**.

TIPS:

- 1. Count carbohydrate grams per day** (found on nutritional labels) and **do not focus on calories or fat grams.**
- 2. Keep the carbohydrate grams under 100 grams per day.** Most people will start losing weight.
- 3. If you want to be free of cravings and hunger and reach the primarily fat-burning state you will need to drop your carbohydrates below 50 grams of total carbohydrates per day (20-30 net grams of carbohydrates for most people.** Fat-burning for fuel (called nutritional KETOSIS) only occurs when you no longer consume or have enough storage of carbohydrates for fuel in your body. The body will then automatically burn fat for fuel (your OWN fat stores and any dietary fat that you are eating). Hunger and cravings will be gone and you will feel MUCH better and burn fat very efficiently.

What if.....

*You could lose weight **without** hunger or cravings?*

*You could have **an affordable “map”** that would guide you in this new way of eating?*

The deep, dark secret to keeping excess weight off, keeping blood sugar levels steady, avoiding untimely hunger and cravings forever, is to never return to eating a high carbohydrate diet.

The simple fact is that if we let our guard down to allow high carbs to creep back into our lives more than once in awhile and in *small portions when we do* (such as: eating rice, bread, pasta, potatoes, noodles, sugars and high starches), they will soon become a daily part of our lives again, and all of the weight lost from our dieting efforts will return, PLUS MORE. The cravings and untimely hunger every 2-3 hours will also return in full force as do all of the health problems that go along with the high carbohydrate way of eating.

You may be asking yourself right now....

“How can I live my life by restricting carbs? I simply cannot live without bread and pasta.”

“How can not eating carbs be healthy for me?” ...

A Simple Low Carb Life is dedicated to providing you with strategies for living a long, healthy, and rewarding life with great tasting low carbohydrate foods. There is no need to feel deprived or face a food-restricted life day after day with steamed, bland veggies staring at you from your plate!

Learn to make breads, sweet treats, cereal, pastries, cookies, pancakes, and delicious savory foods that are made with substitute ingredients, that

not only taste GREAT but leave you feeling satisfied and full of energy afterward!

Let's get down to some practical guidelines for those unfamiliar with what to eat and what not to eat in the low carb way of living to get you started...

COMMONLY ASKED QUESTIONS:

Okay, I have lost some weight by eating low carb, but now I am hungry all the time. I am eating low carb AND low fat. Should I be limiting my fat too?

Eat more “good fats” to the point of feeling satisfied. In general, add 1 teaspoon to 1 Tablespoon of healthy fats to each meal. We do not advocate EVER eating low carb and low fat simultaneously or you will feel hungry and frankly, you will feel ill; almost flu-like. While you need to eat a slightly lower amount of fat if you want to burn more of your own body fat instead of getting all of your “fuel” from dietary fat, it is still important to eat fat while losing weight. Fat helps you to feel satiated (not hungry), is essential for proper functioning of every cell in the body, will provide you with more energy, and will prevent constipation which can come from just eating low carb AND low fat foods.

How much protein should I eat?

Can't I just eat more protein to avoid feeling hungry?

Excess protein will convert to glucose (sugar) defeating the low carb way of eating.

To precisely calculate moderate protein intake, a healthy protein range is 0.6-0.9 gm per kilogram of lean weight per day divided into the number of meals you will eat that day.

Lean weight is total weight (your current weight) minus percent body fat. You will need calipers or a digital scale with percent body fat analysis to know your percent of body fat, if you want to calculate this. Our **online store** has some reasonable options for scales that can do this:

<http://www.asimplelowcarblife.com/online-store-.html>

For example, if you weight 200 pounds and have 30% body fat, your lean weight (also called lean body mass) is 140 pounds ($200 \times 0.30 = 140$). You would then multiply 0.6 grams \times 140 pounds = 84 grams of protein as the low end of the range and 0.9 grams \times 140 pounds = 126 grams of protein as the high end of the range to eat per day. *This method is for people who want to be exact (you know, the engineer and mathematician types!).*

Now, if you want an EASY way to do calculate protein, try this:

- **Weight less than 200 pound—> 100 grams of protein/day average**
 - **Weight between 200-300 pounds->120 grams of protein/day average**
 - **Weight between 300-400 pounds->140 grams of protein/day average**
1. *Add 20 grams per additional 100 pounds if you weight more than 400 pounds.*
 2. *If you work out hard more than 30 minutes per day, add 20 grams of protein/day.*

How many carbs can I eat per day to avoid re-gaining weight (once I have lost the weight)?

That *depends* on your carb tolerance, but most people will gain weight if they eat more than 100 grams or so of carbs per day. Pre-diabetics and diabetics can handle even fewer carbs. You will need to experiment with your own personal carb level to see what level of carbs causes weight gain

for YOU. We can help you to find your personal carb level and not re-gain that weight that you worked so hard to get off!

Can I EVER eat high carb foods again?

Again, that depends.... Most people can manage their weight by eating a *portion-controlled* high carb meal or two, once a week. Pick the day of the week and stick with it to avoid carbs creeping into daily life again. The following day, eat mostly protein and salads, then back to your usual low carb diet the following day. ***Beware the evil craving beast within rising up to invade your thoughts any time that you indulge in high carb treats.*** The taste of high carbs will act on the reward center of your brain exactly like an intoxicating drug and re-stir the lust for carbs again. Beware of your own personal trigger foods!

Exactly what are good fats?

- * Small amounts of half and half or whipping cream in coffee or tea (*no milk that contains from 11-14 grams of carbs per cup with 1 carb per amount needed for coffee*).
- * Olive oil.
- * Butter.
- * Lard (yes lard!). ***Praise the Lard!***
- * Coconut oil (my personal favorite).
- * Avocado oil.
- * Skin of chicken.
- * Nuts and nut butters.

To name a few....

Coconut oil and avocados (among a few others) are in a unique class of fats called “medium chain fatty acids” or MCFA's. These awesome fats, when ingested will never be stored as fat in the body, but instead break down to ketones, carbon dioxide, and water. Remember, a ketogenic diet

(very low carb intake below 50 grams per day) will cause the body to switch to using fat for fuel instead of carbs (the basis of the Atkins, South Beach, and other low carb, nutritional ketosis diets). These particular fats help drive the degree of ketosis even lower, resulting in producing even more ketones (fat) for fuel, helping you to lose even more weight. WIN- WIN.

LOW CARB LIVING PANTRY OVERHAUL:

Low carb living can be full of variety and wonderful flavors!

The recipe basics are very straightforward and simple to learn. The key to success is knowing how to substitute low carb ingredients for the usual high carb ones commonly used. Once you understand the basics of how these ingredients work, you can alter just about any recipe to make a low carb alternative.

For the greatest success and to avoid any temptation to use high carb ingredients, it is necessary to rid your home entirely of high carb ingredients if you can.

What can I do with the high carb ingredients in my home to avoid wasting them?

You can either throw them out if opened, donate them to interested friends or family, or donate unopened items to your local food bank and/or homeless shelter.

Why can't I keep them in my home?

It depends. If you have family members in your home that are not quite converted to eating low carb (which is common in many households), you may need to cook occasional separate meals or foods for them. *If everyone*

in the home is willing to eat low carb, get those high carb ingredients out of your house! It is too tempting and far too easy to use them otherwise. Think of them like crack to a cocaine addict, which is exactly how they affect us (particularly wheat and sugar).

Remove these high carb ingredients and foods from your home:

Flour (white, whole wheat, spelt, kamut, rye, etc).
Cornmeal
Cornstarch
Any form of pasta
Any form of rice
Oatmeal
Cream of Rice
Cream of Wheat
Any commercial cereals
Quinoa
Potatoes of any kind (white, sweet potatoes, yams)
Yucca
Bread (you will learn to make your own or select low carb bread)
Tortillas
Pita bread
Wheat germ
Oat bran
Noodles (except Shirataki noodles that you will learn about)
Chips, crackers, pretzels, rice cakes, Cheetos, etc.
Beets
Peas
Sugar in any form (brown, white, confectioner's)
Honey
Agave
Beans (can be used in small amounts once in awhile)
Breaded meats (chicken fried steak, chicken nuggets, etc)
Fried snacks of any kind (except pork rinds which are very low in carbs)
Cow's milk of any percent (whole, 2%, 1%, nonfat) as they contain many carbs per cup (but you CAN use half and half or whipping cream).

**This is not an all inclusive list but it includes the majority of items found in the home that are high in carbs.*

What are low carb items that I CAN have in my home?

Meats bacon, turkey bacon, sausage, turkey sausage, beef, chicken, ham, jerky without teriyaki or sugary marinade, pastrami, salami, pepperoni whether pork or turkey, lamb, goat, venison, ostrich, buffalo, rabbit, or other meats.

Seafood shrimp, crab, salmon, sardines, herring, scallops, tuna, other fresh or marine fish or shellfish.

Dairy butter, eggs, half and half, whipping cream, heavy cream, unsweetened plain Greek yogurt, Danon light and fit 2x protein yogurt- read

labels carefully for carb amount which is <10 gm carbs, Kroger brand Carb Master yogurt- read label carefully with any flavor 4 gm carbs, sour cream.

Milk (other than mammal milk)- unsweetened almond milk, unsweetened hemp milk, unsweetened coconut milk, unsweetened soy milk, Blue Diamond unsweetened vanilla almond milk-the only flavored, unsweetened almond milk with <2 carbs per carb.

Cheeses Cheddar, chevre, goat, cottage cheese (whole or 2%), cream cheese, neufchatel cheese, farmer's, feta, gouda, pepper jack, mozzarella, parmesan, ricotta, mascarpone, blue cheese, gorgonzola, and others.

Fruits and Veggies Artichoke, asparagus, avocado, berries-(*marion, blueberry, strawberry, raspberry, blackberry*), bok choy, broccoli, brussel sprouts, cucumbers, cabbage, cauliflower, chard of any kind, chipotle peppers, pasillo peppers, serrano peppers, jalepeno peppers, anaheim peppers, bell peppers, eggplant, green beans in small amounts, hearts of palm, kale, lettuce of any kind, celery, mushrooms, okra, onion, shallot, occasional peach, dill pickles, radishes- whether daikon or conventional,

rutabaga, chayote squash-apple substitute, jicama-another apple like substitute, spaghetti squash, zucchini squash, yellow squash, turnip, sauerkraut, spinach, sprouts, tomatoes.

Nuts and seeds nut butters-*almond, cashew, hazelnut, peanut, sunflower, etc.*; almonds, hazelnuts, peanuts, soy nuts, edamame, limited pecans, walnuts, macadamia, flaxseeds, chia seeds,soynuts,hemp seeds, flaxseed meal, etc.

Condiments Bouillon any flavor, capers, vinegar of any type except “seasoned” which is code for containing sugar among other things, cider vinegar, unseasoned rice vinegar, horseradish, hot sauce, tabasco, unsweetened lime juice, unsweetened lemon juice, mayonnaise, olives, pesto sauce, salsa but avoid fruit containing salsa, soy sauce, Worcestershire sauce, Bragg’s amino acids, Walden Farms salad dressing of any type, Walden Farms sauces of any kind, salad dressings if carb are <5 grams per 2 Tablespoons.

Cooking, baking, and sweetener ingredients boullion, broth, unsweetened cocoa powder, unsweetened or sugar free gelatin, xylitol sweetener-for baking, erythritol sweetener for baking, stevia sweetener, whey or soy protein powders-unflavored, chocolate, and vanilla, hemp powder for vegans (or if intolerant to whey or soy), pea powder for vegans (or if intolerant to whey, or soy).

Flours and meal substitutes (almond meal, flaxseeds, flaxseed meal-golden or brown, dehydrated unsweetened shredded coconut, coconut flour, peanut flour, hazelnut meal/flour).

Oils and fats for cooking coconut oil, olive oil, occasional peanut oil, canola oil, sesame oil, ghee, clarified butter, butter, avocado oil, lard, bacon fat, MELT blend of coconut, palm, and Ghee, and others.

Spices and Sweeteners *This is KEY to keeping variety in your cooking and avoiding food boredom.* Mustard, sugar-free ketchup, basil, oregano, cilantro, dill, garlic, onion powder, oregano, parsley, rosemary, thyme, sea salt of various flavors, pepper of any flavor-black, cayenne; creole

seasoning, powdered Indian seasonings, powdered Thai seasoning, cinnamon, clove, nutmeg, pumpkin spice, cardamon, ginger, Italian seasoning, Adobo seasoning, truffle sea salts, powdered stevia, stevia, xylitol, erythritol; unsweetened coconut cream, dehydrated/unsweetened/shredded coconut, and many more!

Why not use commercially prepared, gluten-free foods instead of wheat or gluten containing products?

While it may be a good idea in theory, several starches are used to replace the wheat in order to achieve the same texture as wheat. Unfortunately, this results in very high carbs (usually higher than the wheat alternative)

Key to Success: Know the carb count of ANYTHING you eat!!!!

READ THE NUTRITIONAL LABELS!

COMMON VEGGIES AND FRUIT CARB COUNTS:

(Total carbohydrates - dietary fiber = Net Carbs or countable carbs)

Arugla 2 cups = 0.8 grams net carbs

Cucumber slices ½ cup = 1.6 grams net carbs

Broccoli raab chopped 1 cup = 0 grams net carbs

Iceberg lettuce chopped 1 cup = 0.5 grams net carbs

Celery 1 cup diced = 1.4 grams net carbs

White mushrooms 1 cup sliced = 1.5 grams net carbs

Radishes sliced 1 cup = 2 grams net carbs

Turnips 1 cup cubed or sliced = 5.6 grams net carbs

Romaine lettuce shredded 1 cup = 0.6 grams net carbs
Asparagus 1 cup = 2.2 grams net carbs
Bell peppers any color, 1 cup = 4.5 grams net carbs
Okra 1 cup = 3.8 grams net carbs
Cauliflower 1 cup chopped = 2.9 grams net carbs
Cabbage 1 cup shredded = 2.3 grams net carbs
Broccoli 1 cup chopped = 3.6 grams net carbs
Spinach 1 cup = 0.4 grams net carbs
Green beans 1 cup sliced = 4.3 grams net carbs
Kale 1 cup chopped = 4 grams net carbs
Snap peas (snow or sugar snap) 1 cup whole = 3.2 grams net carbs
Onions 1 cup sliced = 9 grams net carbs
Eggplant 1 cup cubes = 2.3 grams net carbs
Raspberries 1 cup = 7 grams net carbs
Blackberries 1 cup = 6 grams net carbs
Marionberries 1 cup = 10.4 grams net carbs
Blueberries 1 cup = 17.4 grams net carbs
Apple 1 cup slices = 12.4 grams net carbs
Peach 1 cup slices = 12.7 grams net carbs
Watermelon 1 cup slices = 10.4 grams net carbs

Beverages:

Low carb protein drinks:

(keep track of proteins and carb content)

EAS Advant Edge Carb Control (Most Targets, Walmart, pharmacy chains)

Pure Protein (Trader Joe's)

Premier Protein (Kirkland/Costco brand)

WATER- at least 64-96 ounces per day

Tea

Coffee (decaf or regular)- limit regular to no later than 1pm to avoid insomnia

Flavored waters (if zero carb, zero calorie)

Water enhancers (Mio, Dasani, Crystal Light, Nuun, etc if zero carb, zero calorie)

Supplements suggested:

Multivitamin daily

Chromium Picolinate 200 mg per day (if not in multivitamin)

Calcium/Magnesium supplement daily

L-Tyrosine

Fish oil daily or other Omega 3 supplement daily

Psyllium, Flaxseed meal, chia seeds, hemp seeds (dietary fiber)
1-2 tablespoons per day

Occasional mineral oil or Miralax if no bowel movements for over 3-4 days
(or simply increase your fat intake)

HOW TO READ NUTRITIONAL LABELS:

(KNOW THE NUTRITIONAL INFO FOR ANY FOOD THAT YOU EAT!!!!)

Net Carbs are the carbohydrates that you count in a low carb diet.

Here is how to calculate it:

TOTAL CARBOHYDRATES minus DIETARY FIBER (which is mostly not digested) **minus 1/2 the SUGAR ALCOHOLS** (also mostly not digested) equals **NET CARBS**.

EXAMPLE:

Nutritional Facts:

Serving size: 1 bar

Total Calories: 250

Total Fat: 14 gm

Total Carbohydrates: 23 gm

Dietary fiber: 9 gm

Sugars: 1 gm

Sugar alcohols: (polyols) 11 gm

*Total carbs - dietary fiber - 1/2 the sugar alcohols = Net carbohydrates or carbs.

(in grams)

Then: 23 gm - 9 gm - 5.5 gm (11 divided by 2) = **8.5 grams of net carbs**

Ready to get started
on your **SIMPLE** Low Carb Life?

If you are ready to transform your life by saying goodbye to low energy, excessive weight, constant fatigue, untimely hunger and cravings, and want to optimize your health, click the link to learn more about options that will get you where you want to go.

www.asimplelowcarblife.com

You can also email us for more information at:
asimplelowcarblife@comcast.net

Transform your life by saying goodbye
forever to fatigue, low energy, and
excess weight

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