

## **THE BEST LOW CARB DIET FOR WEIGHT LOSS**



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### **Top 15 Reasons You Are Not Losing Weight on a Low Carb Diet**

Can You Eat Fruit on a Low-Carb Diet? It Depends. There are many opinions on the role of fruit in a low-carb diet. Some people may do best avoiding fruit, but others can eat them without problems.

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### **For weight loss maintenance a low carb diet may be best**

For weight-loss maintenance, a low-carb diet may be best This eating plan increases the number of calories a person burns and seems to reduce hunger, a new study finds. Shutterstock

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### **How Much Weight You Can Lose on a Low Carb Diet**

In a large review study of over 1,000 obese people who followed a low-carb diet, the average weight loss was about 15 pounds for those followed between three and six months after starting the diet. After two years of follow-up, the average weight loss was about 10 pounds.

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### **Why a Low Carb Diet Is Best for Weight Loss The Mission**

Noteworthy is the increase in weight after the first few months of weight loss, which was greatest in the low-carb group. That group actually increased its carb intake slightly.

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### **Why a Low Carb Diet Is Best for Weight Loss Rogue Health**

The low-carb teenagers averaged 9.9 kg of weight loss, compared to 4.9 kg in the low fat group. (That s 22 pounds vs 11 pounds.) That was despite the fact that the low-carb group ate over 1800 calories a day, while the low-fat group ate 1100 calories a day.

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### **The Best Low Carb Diets for Rapid Results Healthfully**

The very-low-carb dieters lost about 14 pounds in four weeks while those on the moderately low-carb diet lost about 10 pounds. Both were successful weight-loss endeavors, but the more severe carb restriction produced faster results.

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### **Why The Paleo Diet is the Best Low Carb Fat Loss Diet**

A low-carb diet (LC), or its cousin the very low-carb ketogenic diet (VLCK), are head and shoulders above the rest when it comes to promoting weight loss and upgrading your health. A low-carb diet is typically classified as a diet consisting of 100g of carbs or less per day, whereas a very low-carb ketogenic diet is generally 50g of carbs or less.

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### **What to Know About Low Carb Diets and Weight Loss Time**

A new study suggests that low-carb diets may help people keep weight off and even drop extra pounds, adding to the confusion about the health benefits or detriments of carbohydrates.

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### **Low carb diets might be best for maintaining weight loss**

Research from BMJ suggests that low carb diets may be the best way to maintain weight loss, however experts involved with the study have suggested problems with this

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