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Weight Loss Success Stories - Low Carb Diet

Are you looking for inspiring weight loss success stories? Find out how I lost 29 lbs in six months on a low carb diet without increasing exercise levels.

In May, 2008 I quit smoking. Over the next six months I gained 45 lbs (20 kg) because I switched one hand to mouth habit (smoking) with another (eating). The worst time was when I was at my computer. That was always when I smoked most. Unfortunately, when I quit smoking, the urge to put something in my mouth didn't go away. Consequently I started consuming candy, sweets and snack foods at the computer.

Check out this post on [How to quit smoking without gaining weight](#). In it I reveal the exact techniques I used to overcome the urge to snack which had been the cause of my weight gain.

In the last seven months I have successfully lost 29 lb (13 kg) without increasing exercise levels beyond the 3 miles per day that I walk on average. This equates to almost one pound per week. I achieved this with a **low carb diet**, or more precisely a reduced carbohydrate diet.

However, to utilize a low carb diet (or reduced carb diet) there are a few things you need to know.

Food consists of three types of calories:

- Carbohydrates
- Fat
- Protein

Reducing your carbohydrate intake too much can be unhealthy. The reason for this is because carbohydrates provide most of our energy requirements. Carbohydrates are easiest for us to digest. Consuming insufficient carbohydrates means that the body can run out of energy. Because fat and protein are not so readily digested and absorbed there can be a period in which the body does not receive sufficient energy. This can result in an individual becoming light headed and can even result in a loss of consciousness... imagine if that happened while you were driving? Not good!

In general it is recommended that approximately 50% of our calories come from carbohydrates, about 25% from fats, and approximately 25% from protein. The average person requires around 2,300 calories per day, though this figure differs according to weight and activity levels. To calculate the amount of each component required it helps to understand that one gram of carbohydrates contains around four calories, one gram of protein contains around four calories and one gram of fat contains around nine calories. This means that based on the average, a person requires 10 oz (285g) of carbohydrate, 5 oz (145g) of protein and 2.25 oz (64g) of fat per day.

It is recommended that you NOT reduce your carbohydrate intake by more than 33%.

The second thing to take into account is the fact that there are two types of carbohydrates: Simple carbohydrates and complex carbohydrates. But what are they?

Simple carbohydrate definition: Simple carbohydrates are those carbohydrates most readily converted to glucose ready for absorption and conversion into energy by the body. Sources of simple carbohydrates include sugar, candy, sweets, all baked goods made with white flour like cakes, biscuits and white bread, pasta made with white flour, non-diet soda and many packaged cereals.

Complex carbohydrate definition: Refers to carbohydrate derived from starch and fiber. Complex carbohydrates are released relatively slowly into the bloodstream which prevents spikes or sudden increases in blood glucose levels. Sources of complex carbohydrate include fruit, vegetables, whole grains, brown rice and oatmeal. The main thing to remember is that the closer you get to nature, the healthier it is.

To achieve my weight loss I reduced my carbohydrate intake. The carbohydrates I chose to reduce included mostly simple and processed carbohydrates including sugar (and products containing sugar), baked products made with white flour like cakes, biscuits, pasta and white bread, white rice and potatoes. The latter two were the only complex carbs I reduced intake of. In general I reduced consumption of these products by 50% but increased consumption of fruit, vegetables and whole grains (complex carbohydrates) in order to provide sufficient carbohydrates and also increased protein intake to satisfy hunger.

Here are a few tips to cut carbohydrates or replace them with complex carbohydrates:

1. Instead of using sugar in coffee etc, use either artificial sweeteners or Stevia powder
2. If you must drink soda, at least drink diet soda.
3. At meals cut down your potato, pasta or rice service by half... you can add extra vegetables if you like
4. Eat whole grain bread and pasta and brown rice... the fiber will slow digestion and satisfy hunger for longer
5. Substitute thin rice cakes for bread (the ones that are about 3 1/2" wide and 1/4" thick) as this provides about half the carbs.
6. Increase consumption of fresh fruit and vegetables.
7. If you love candy and sweets, try sugarless varieties like wrigleys extra gum, satisfies the craving without loading up on calories.

The other thing I discovered is that eating breakfast actually reduces my overall calorie intake for the day. That's right... REDUCED it. Having a large banana or a bowl of oatmeal for breakfast stops me from overeating later in the day. I suppose because if I eat breakfast when I'm not really hungry (which I never am when I wake up... it usually takes about two hours for me to feel hungry), then I'm less hungry later. So I don't overeat. Consuming 100-120 calories for breakfast means that I am satisfied with a lunch containing 250-350 calories which means I've consumed less than 500 calories for breakfast AND lunch. On the other hand, if I skip breakfast I am really hungry by lunchtime and I'm not satisfied with anything less than 600-700 calories (an extra 100-200 calories compared to what I would have had if I'd had breakfast). So you can see the logic when they say that breakfast is the most important meal of the day!

Another huge part of my weight loss success has been the discovery of a wonderful Japanese noodle called [shirataki noodles](#). These [miracle noodles](#) are made from 100% soluble fiber mixed with water to create a gel like noodle. Because the body is incapable of converting fiber into energy these noodles effectively have NO calories and also NO carbohydrates. Because they are made from fiber they also slow down the digestive process and satisfy your hunger for longer. These characteristics make them ideal for people who are trying to lose weight. And the best thing is you can [buy shirataki noodles online](#)

As you can see, I didn't use a strict low carbohydrate diet like the Atkins Diet or the Ketogenic diet. In fact, I don't advocate extremely low carb dieting at all. Check out the other posts on the [Low Carbohydrate Dieting](#) category on this blog to find out why. I basically just reduced my carbohydrate consumption. Many of us consume far too many carbohydrates in the form of sweet and processed foods anyway and this leads to weight gain.

I hope you've been inspired by my weight loss success story. Perhaps losing weight could be easier than you think on a low carb diet.

You can also find this article published on [Weight Loss Success Stories - Low Carb Diet](#), and on the tag pages [Low Carb Diet](#).