

## *CLUW News Health Tip*

### **LOW-CARB FOODS**

Have you been thinking about eating low-carb foods in order to lose weight? Does your favorite restaurant feature low-carb meals as healthy choices? Be aware that low-carb meals may not meet these expectations. A restaurant may advertise a meal of steak or fried chicken, salad with blue cheese chunks and creamy dressing, and buttered vegetables as low-carb. However, this meal is probably high in fat and calories.

Prior to the low-carb craze, restaurants featured low-fat meals as healthy choices. A low-fat meal might include salad with low-fat dressing, bread or rolls (no butter), broiled skinless chicken breast, corn and a baked potato. However, this low-fat meal is probably high in carbohydrates and also in calories.

If you want to lose weight, ask how many fat grams are in a meal as well as how many carbohydrates. Find out how many calories are in the meal. If the meal is high in calories, chances are it will not be helpful in losing weight. Remember that meals which are both low in carbohydrates and low in fat are most likely to be low-calorie as well. If there is a demand for meals that are both low-carb and low-fat, restaurants are more likely to offer them. Frozen meals are available at the supermarket that are low in carbs and fats and also low in calories. A typical frozen meal that is low-carb and low-fat may have chicken or beef in a low-fat sauce accompanied by one or more vegetables.

A low calorie eating plan is the most reliable way to lose weight and keep it off. A healthy eating plan should include moderate amounts of protein (eg. meat, poultry, fish, eggs, milk, cheese), whole grain foods, and plenty of vegetables and fruits. Drink lots of water too. It has no carbohydrates, fat, or calories and is more effective in quenching thirst than sweetened beverages.