

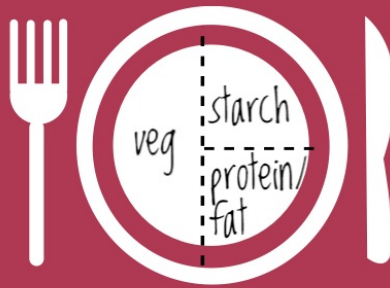
# what is the low-carb diet? and how does it work?



Carbohydrate, fat and protein  
are the 3 macronutrients found in our food.

Carbohydrates are quickly broken down into blood glucose. So eating lots of carbohydrates like potatoes, rice and bread puts pressure on the pancreas to produce insulin, so it's not ideal for people with diabetes.

Our low-carb diet recommends 120-150g of carbohydrate per day, but this may vary between individuals.



Starchy carbohydrates should only take up 1/4 of your plate. Replace them with healthy, non-processed fats and fresh vegetables.

Processed foods are frequently high in calories and carbohydrate yet offering low nutritional value overall. We advise keeping these processed foods to a minimum.

## Benefits?

Following a low carb diet can lead to weight loss, lower blood glucose levels, and improved insulin sensitivity, which may reduce dependency on medication.