

I Love Bread...

Contributed by Mark Moxom

I love bread - I really do.

I've been lowcarbining for years and in truth it helped me lose a lot of fat and keep it off.

But since then, I have experimented with the foods I eat to see exactly which types my body thrives on and which are the ones that it definitely can't digest.

I used a simple method to determine which foods were good or bad for me ... I either ate them in normal quantities or kept them off my menu for a period of time.

What I and others have found is that not only can we increase the benefits we get from the LowCarb diet by changing the proportions of what we eat - in some case we need to add food types that may not at first seem obvious.

When I first started a LowCarb diet I managed, at last, to lose the fat I had put on over the years. As a bonus, I found that my energy levels and general health had increased to those levels I had known as a teenager too.

From that stable base I started to re-introduce different types of food - one at a time.

As I did so, I noted if my body reacted to the food and how much that reaction affected such things as my digestion, energy levels, general well being and so forth.

After a few days, I would then cut that food out again and see how my body reacted without that particular food - again looking at the same things.

Over time, I have come to understand that my metabolism is

Best suited to:

Meats
Cheese
and all dairy (See later)
Fish
Moderate
levels of green vegetables
Reduced
quantities of root vegetables - averaging one or two small portions
(50-100gms) a day depending on my carb load.

Is least suited to:

High
sugar content foods such as desserts and sweets
Bread

Pasta
Large
quantities of root vegetables

Foods that act like a toxin for me

Shell
Fish
Rice - if
not thoroughly rinsed after cooking
Soya
products.

Fine tuning

What I always find amazing is just how particular our bodies are about what we give them to eat. In my case, even among the food groups that both it and I love to eat, there are certain preferences.

For instance, I know my body prefers beef, chicken and turkey - in that order. It will be satisfied with bacon but not pork. But if that pork is organic and prepared as a dry sausage - I can eat it until the cows come home - if it's a commercial product, my tolerances to it is vastly reduced in direct proportion to the amount of additives it contains.

No surprise there then!

If milk products are made from pasteurised cows' milk, my body does not metabolise them too well. But if they are made from whole milk or say goats' milk there's no problem whatsoever.

Green vegetables or any grown above ground are tolerated very well - I just have to watch the carb levels.

Root vegetables are a different case entirely.

I can eat normal portions of things like carrots or parsnips but have to be very self controlled with things like potatoes, turnips, swedes and so on.

Poisons

Shell fish are just not on my 'can eat' list so there we go. Folk tell me I'm missing out, but so be it. Rice, on the other hand, could be something I'd miss as I love Greek, Chinese, Indian, Thai, and many other food styles that use a lot of rice. Still, that has encouraged me to be creative and find alternatives so actually I don't really miss it at all.

The thing is, if I eat more than a spoonful of rice, I'll blow up like a balloon. That's not a pretty sight, neither is it comfortable.

The same goes for Soya products.

I have friends who are long term, dedicated vegetarians and when eating food they have cooked in the past I often felt bloated and out-of-sorts for days afterwards. I guess my body was telling me early on that Soya is just not good for me. Subsequently, I have found out it's not good for anyone - but that's another story .

So what am I getting to here.

Well simply this..

Over the years I've been involved in LowCarb many of the people I guided, mentored and otherwise advised have also found that they too have particular foods that their bodies either like or don't like.

This has been the impetus for coming up with the 'How to find foods your body loves' method of fine tuning your LowCarb diet.

Yes the diet is still LowCarb but what's right for you is not necessarily right for your friend or neighbour who's LowCarbing.

Speaking generally...

Foods that are right for you will provide a feeling of well-being for a good few hours - i.e. you won't get hungry between meals.

You will also notice improved energy levels, better concentration or thinking power and you'll be 'up' emotionally.

Foods that are not right for you will have the reverse effect and even in as little as 30 minutes to an hour after eating them, any combination of your energy, mental capacity and emotions will be impaired or down.

In Part 2 of this article, find out

- What it is that I should know better.
- What is a Fat Profile and how do you do yours
- What foods some LowCarbers should be eating - particularly if they want to overcome a slowdown in fat loss or get their energy levels up
- Something else that may upset some LC'ers

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