



## Mo' Carb, Not Low Carb!

Now that I've caught your attention with the incredibly witty and catchy title, let's get to the meat of this article (pun intended). The **EASIEST** and **QUICKEST** way to lose weight is to go on a low-carb or no-carb diet. Plain and simple. This type of dieting was made popular by Dr. Atkins and his unlimited bacon and sausage diet. But don't you dare touch fruit, because that crap will kill ya! The problems associated with this type of diet seem obvious, but go much deeper than just the high intake of protein and fat. My opinion is that low-carb and no-carb diets are the **WORST** diets for achieving sustainable **Long-Term** weight loss.

Here's why:

- 1) After the body spends 8-12 weeks in ketosis (the metabolic state of the body during low-carb dieting) your metabolism can drop by 50% or more! This means that when you end your low-carb diet, you will be burning 50% less calories at rest than you did before. It is no wonder by people gain so much weight after this style of dieting.
- 2) Think of carbohydrates as muscle sparing food. Meaning when the body has enough carbohydrates it will likely be able to maintain or gain muscle mass. When the body is starved of carbohydrates it will actually catabolize (break-down) muscle tissue for energy. This will increase your fat to muscle ratio and drop your metabolism. This process of catabolism will also likely leave you feeling like crap.
- 3) Carbohydrates are the body's first and favourite choice for energy, especially when performing moderate to high intensity exercise. If you do not have optimal carbohydrates before and after high-intensity exercise, performance and recovery will suffer. And as mentioned above, you will lose muscle mass.

So, back to the catchy title. The Mo' has two meanings: **Moderate** and **More**. The body has the ability to utilize carbohydrates much more efficiently at certain times during the day. Think of these times as your **Carbohydrate Windows** of opportunity. This means that during these "windows" your body can handle a much higher amount of carbohydrates without the risk of these carbs being stored as body-fat.

These **More Carb windows** are:

- 1) **Breakfast** – Your blood sugar levels are low and your liver glycogen stores have been depleted while you slept. A high carb intake in the morning will replenish liver glycogen levels and stabilize blood sugar. Oatmeal with fruit and cinnamon PLUS scrambled egg whites with salsa is a breakfast of champions.
- 2) **Pre-workout** – as long as the workout is decently high in intensity such as weight training or interval training (ie. Not a slow one hour walk), your body will burn through the sugar and glycogen stores (and not your muscle tissue) that you have built up through a good pre-workout meal or snack. Fruit is always a great choice pre-workout.
- 3) **Post-workout** – Especially after weight training sessions and higher intensity cardiovascular session. Your muscles will be screaming for sugar and protein to begin the recovery process and to help build lean tissue. Whey protein powder mixed with fruit juice is always a good choice.

The **Moderate Carb Windows** are:

- 1) **Snack time** – as long as it is not right before workout, keep your carb values moderate. If you are smaller, 20g or less is a good carbohydrate value. If you are a bit bigger, 30g or less is good. A good option is a piece of fruit with a small serving of nuts. Or a scoop of protein mixed with water, small banana, and a small amount of organic peanut butter.
- 2) **Supper time** – If you have given your body the proper amount of carbs throughout the day, then the need/desire for carbs at night will be less. Your body's metabolism slows at night and your body doesn't need a tonne of carbohydrate fuel to be able to sleep. A large salad of spinach leaves, lean chicken breast, low fat goat cheese, small amount of sunflower seeds, strawberries, and balsamic vinegar is a tasty healthy option
- 3) **Lunch time** – As long as this meal isn't close to your workout time, keep the carb values moderate. A ½ - 2/3 cup (cooked measurement) of brown rice or quinoa mixed with lean chicken breast, lots of veggies, and your favorite low calorie condiment is a good option.

I hope that I have scared you away from doing a low or no-carb /Atkins style diet. I know that the temptation to lose weight quickly is often too great, but if you utilize your carbohydrate windows properly, you will notice steady and maintainable long-term fat loss.

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