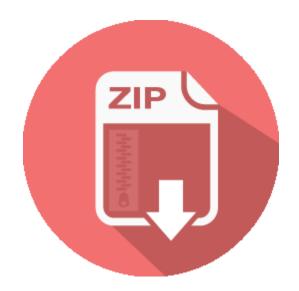
LOW CARBOHYDRATE DIET



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High Protein Low Carbohydrate Diets WebMD

WebMD describes the pros and cons of high protein/low carbohydrate diets.

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Low Carbohydrate Diets The Nutrition Source Harvard T

There is some evidence that a low-carbohydrate diet may help people lose weight more quickly than a low-fat diet (31,32) and may help them maintain that

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The one thing they share in common is the elimination of most sugars and many starches. Low-carb diets may also be referred to as reduced-carbohydrate or

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