

A Food Analogy That May Be Useful In Thinking About Stimulative vs Non-Stimulative Pleasures

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I've started to reincorporate carbs back into my diet after years of trying to do super low-carb high-protein/fat diet, but I am mindful of what carbs I consume. Bringing back carbs has helped me lose weight I think because my cells have that energy they can easily use at first and a calorie deficit overall to let them dig into my fat stores. I've also gone vegetarian and embraced plant protein and that has helped me lose weight. I avoid some highly processed carbs and plant protein sources, and I eat pasture-raised eggs. I still do eat some low-carb items like zero-carb wraps because they are lower in calories overall and the high fiber helps regulate hunger and carbs too.