

Weight Loss Methods - Poll of EpicureanFriends Results

Post by “Martin” of January 18, 2023 at 9:49 PM

"Carbohydrate Restriction (Adkins or Keto)" may produce stunning weight loss but both Adkins and Keto are controversial because they are unhealthy for most people.

"Carbohydrate Restriction by cutting down sugar and starch and increasing complex carbohydrates with fibers but not animal fats" is a healthy version of carbohydrate restriction. It would incur reduction of total calory intake, too.