

www.isupportgary.com

What to expect when you adopt Low Carb Healthy Fat principles

Cravings

Reducing your sugar intake can often increase your desire for sugar and something sweet. These cravings generally settle within one to two weeks. Eating some whole fruit may help over this period.

Salt and Water

Reducing carbohydrates will mean less insulin requirements and therefore less insulin production from the pancreas. This reduction will result in an increased excretion of salt from the body, along with fluid.

Eliminating processed foods also means you aren't consuming as much salt. Some people may experience headaches or dizziness and others may feel tired. Taking some extra salt and drinking more water during this transition can help alleviate these symptoms.

Add salt to your meals and aim for 2 litres of fluid a day.

These symptoms should only be transient. Please see your healthcare practitioner if they persist.

Magnesium

Some people may experience muscle cramps and respond to magnesium supplements.

Magnesium may also help manage sugar cravings initially.

We encourage the inclusion of green leafy vegetables, nuts, fish and meat with naturally occurring magnesium in the diet. If selecting a supplement, the better types are amino acid chelate, phosphate or diglycinate forms. Avoid those containing magnesium oxide and take as prescribed on the bottle.

Medications

Reducing carbohydrates will generally result in a reduced requirement for blood glucose lowering medication (oral or insulin) and may also result in a reduced requirement for other medications, too.

We strongly recommend you work closely with your GP, Endocrinologist and/or Diabetes Educator as you make changes to your diet. Ongoing monitoring is important.

The [#isupportgary](#) *What to Expect when you adopt Low Carb Healthy Fat principles* is a guide to help you begin to take back control of your health and is not intended to be considered specific medical advice.

