

Freshwell Guide

For a low carb lifestyle, eat plenty of unprocessed protein and non-starchy vegetables.

Drink lots of water, eat fruit juice, or fizzy drinks. Keep alcohol to a minimum. Coffee and tea (without sugar) are fine.

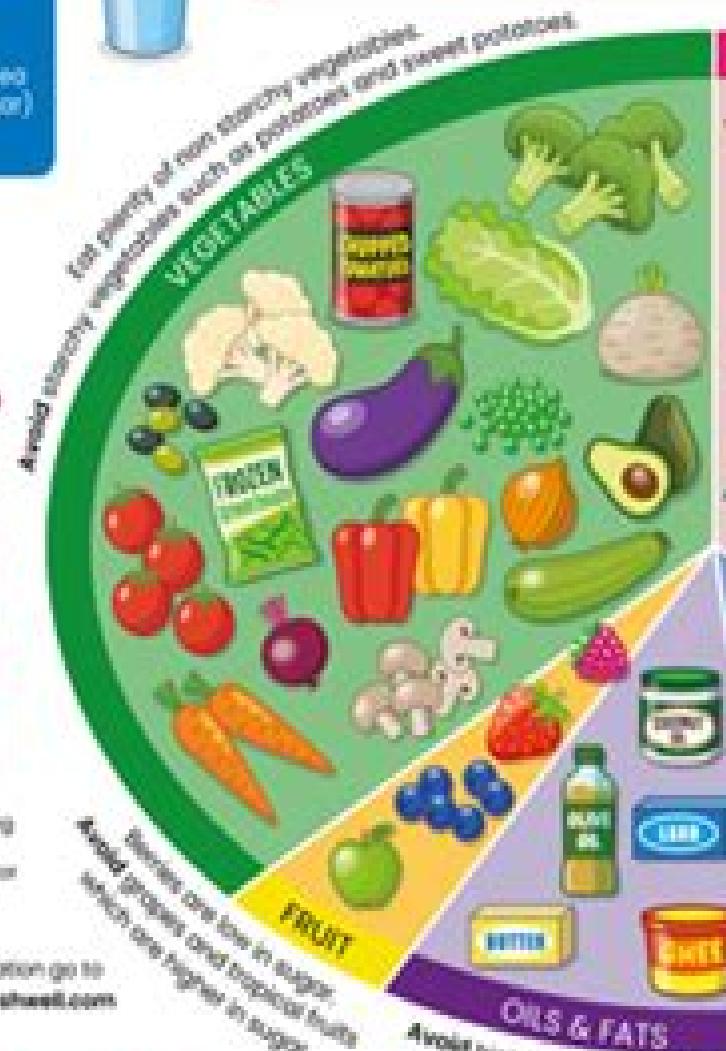


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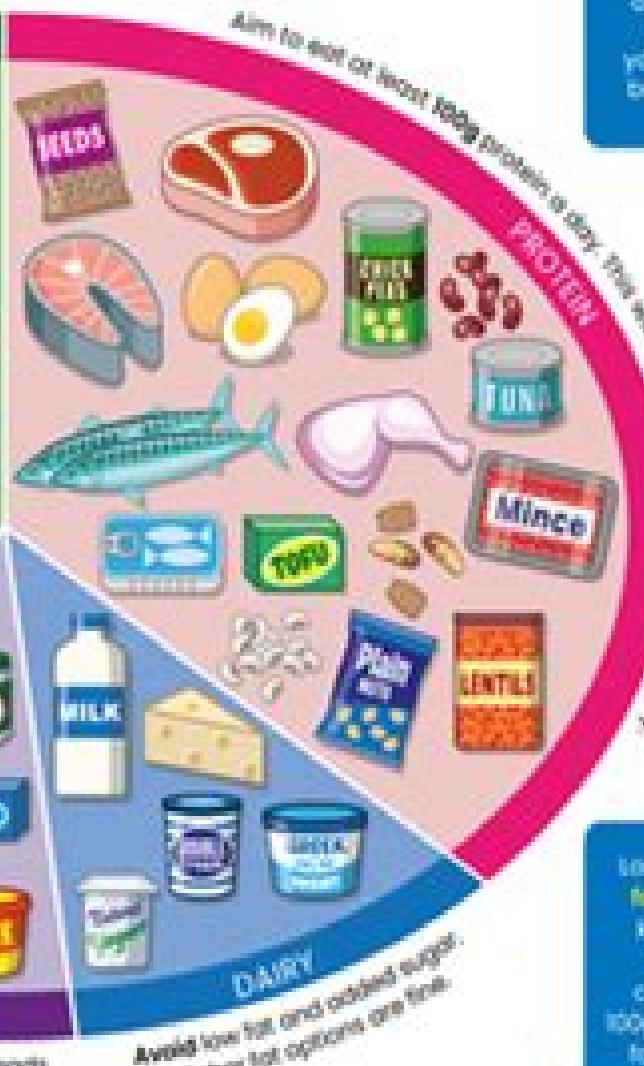


Note: If you're taking any medication, speak to your doctor before adopting a low carb lifestyle.

For more information go to www.lowcarbfreshwell.com



Avoid highly processed spreads and oils such as rapeseed, sunflower and corn oil.



Check the ingredients on packaged foods. If there are more than 5 ingredients and 1 or 2 ingredients you wouldn't find in your kitchen, it may be ultra-processed best to avoid!



Always eat whole foods.



Look at the nutrition facts label. Aim to keep the number of grams of carbohydrates per 100g below 10g, except for pulses / beans.

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Aim for a maximum of 150g carbs per day, or lower if you can manage it.

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G Thomas

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web dies stellt einen der großen vorzüge gegenüber sportarten wie dem joggen dar gutes herz kreislauf training aufgrund der hohen belastung bei niedriger intensität fördert das inlineskaten besonders die ausdauer durch dieses ausdauertraining wird die leistungsfähigkeit des herz kreislauf systems effektiv verbessert