

How to start a low carb diet today

1. Research what you can and can't eat. Lots of [foods](#) that you'd never expect are loaded with carbs! Make sure you're not filling up on foods filled with hidden carbs. Also, take a look at the [Low Carb Food Pyramid](#) to see where you should be prioritizing nutritionally.
2. Get familiar with the lingo. You don't necessarily have to understand the science behind what you're doing and how your [body](#) will react to it, but it may help you to know the [basic vocabulary related to a low carb diet](#).
3. Get a diet buddy. Changing your entire way of [eating](#) can be difficult, especially if you're going at it alone. Getting support can really help you on your journey and keep you motivated. If you can't find anyone who wants to join you, you can always join an website and meet a diet buddy that way. [Try this website](#) to find someone who is going through the same journey that you are:
4. Look up some [great, easy, low-carb recipes](#) for you to start making. You can't necessarily count on restaurants to provide [low-carb](#) 🍷 options and it's best if you're in control of your food as much as possible.

Source: Fitandfab.com