

Cutting “Hidden Carbs” From Your Diet

(NAPSA)—If you’re on a low-carb diet, you’re probably not dining alone. It’s estimated that 36 percent of the U.S. population is now on a low-carb diet, with that number expected to rise. While most carb counters know to watch out for the classic “carb containers”—bread, rice, refined pasta, etc.—many may not know that some less obvious foods are high in carbs as well. Here are some tips from experts to help you cut the “hidden carbs” from your diet:

Breakfast

Problem: If you choose to eat breakfast meats, remember that different types of bacon, sausage and ham are high in saturated fat and also tend to have sugars or starch fillers added, increasing their carb count. Also, keep in mind that “sugar-free” labels simply mean no sugar was *added* to a product. The ingredients the product is made from may already have sugar in them to begin with.

Solution: Light yogurt, which has very little sugar added, is a good breakfast option, as are eggs and peanut butter. Use different fruits and vegetables to make these options more satisfying. Try cheese and mushroom omelettes or yogurt with fresh fruit.

Lunch

Problem: Deli-style meats may be high in fat and can have a high carb count. Like bacon and sausage, they often include additives that make them less than dieter friendly. Similarly, low-calorie frozen meals are often high in carbs.

Solution: Always check the carb counter on the label before you buy. Some lunch meats have just one gram of carbs or less. Try to always buy fresh meat. If you get meat from the deli, be sure to get whole instead of processed meats or meats made from parts.



Keep An Eye Out For Carbs—Dieters can find a number of tasty, low-carb foods.

Snacks

Problem: Most carb cutters say that finding satisfying, low-carb snack foods is the hardest part about their diet. Remember that many on-the-go snacks, such as candy bars and pretzels, are high in carbs, as are some artificial fruit snacks.

Solution: Try to find satisfying on-the-go foods that won’t break your diet. For instance, Dannon recently introduced Light ‘n Fit® Carb Control™ Smoothies. They have just four grams of carbohydrates, 90 percent less sugar than regular dairy-based smoothies, and 70 calories per seven fluid ounces. The smoothies come in Strawberries ‘n Cream, Peaches ‘n Cream, Berries ‘n Cream and Strawberry Banana Cream—and they’re a good source of protein and calcium.

Dinner

Problem: Many dinner foods, such as seafood, are good for you. But be aware of how they’re prepared. Breaded, fried and stuffed fish serve up empty carbs.

Solution: Eat “fatty” fish that are high in omega-3 fatty acids, low in carbs and good sources of protein. Salmon, tuna and swordfish are good examples. And when preparing your fish, try grilling instead of frying for a healthier meal.

For more information, visit www.dannon.com.