

LOW-CARB KIDS: TOP 10 MYTHS

Just mentioning low-carb eating in relation to growing children sends some people into a panic. Here, we uncover the truth behind kids and low carb.

by DitchTheCarbs.com

1 LOW-CARB WILL STUNT THEIR GROWTH

Studies have shown chronic high blood glucose caused by high-carb diets can be far more dangerous to growth. Protein and healthy fats from real food helps children grow and develop.



2 KIDS NEED TO BULK UP MEALS WITH CARBS

Starchy, beige food such as bread, pasta and rice doesn't keep kids full for long and doesn't actually provide much *nutrition*. Bulk their meals with real food such as protein, vegetables, dairy and nuts.

3 KIDS NEED CARBS TO THINK

Kids who live on a sugar roller coaster have impaired concentration, memory, learning and ability to cope with stress. Kids' mood and ability to concentrate is more stable with low-carb food, healthy, real food.

4 KIDS NEED CARBS FOR ENERGY

All food gives us energy, but low-carb kids' energy is from nutritious sources of healthy protein, healthy fats and nutrient dense carbs such as non-starchy vegetables, dairy, nuts and low-sugar fruit. Low-carb food and stable blood sugars actually avoids energy slumps.

5 KIDS HAVE DIFFERENT NUTRITIONAL NEEDS

Kids' bodies are growing so of course they have different nutritional needs, but from *real* food. Kids need building blocks from protein, essential fatty acids, and a wide range of vitamins and minerals. Stuffing kids with processed carbs doesn't nourish their growing bodies.



6 LOW-CARB CUTS OUT FOOD GROUPS

Vegetarians cut out food groups - low-carb kids just cut out the processed, low nutrient, high-carb and sugary products from the modern diet. They are replaced with real food and real nutrients.

7 EATING FAT MAKES KIDS FAT

Actually a high-carb diet full of processed food makes kids fat and stimulates their appetite. Eating *healthy* fats such as avocado, oily fish, dairy and meat keeps kids fuller for longer, supplies vitamins A, D, E and K, helps healthy hormone production, and provides essential fatty acids required for eye and brain development.



8 LOW-CARB LUNCH-BOXES ARE IMPOSSIBLE

Low-carb lunches are surprisingly easy - and fun. Pack up real food, quality protein, healthy fats and vegetables. Use leftovers, have fun trying new recipes, and get kids involved.

9 LOW-CARB KIDS DON'T EAT FRUIT

Low-carb kids eat fruit but in limited quantities and low-sugar nutrient dense fruits are preferred such as berries. Fruit and vegetables should never be seen as equal. Vegetables should be encouraged instead, packed with fibre, vitamins, minerals, trace elements and antioxidants.

10 KIDS SHOULDN'T BE ON A DIET

Living low-carb is not a diet, it's guiding children towards eating real food that is natural, delicious and rich in nutrients for their growing bodies. And no one should argue about that.



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