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Welcome to your  
Corporate Bodies  
International Fortnightly  
Health Email

### Fortnightly Challenge

Go for wholegrain  
varieties of breads and  
cereals to help you feel  
full for longer.



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International**

This fortnight's healthy topic...

## Myth Buster: Low Carb Diet Danger



You may have heard about some of the popular 'celebrity' diets claiming to help lose weight quickly by limiting the carbs and eating as much meat, eggs, fats and oils as you like. But is this really a good way to lose weight?

### The facts about carbs...

Carbs (or carbohydrate foods) include breads, cereals, rice, pasta, fruit, starchy vegetables and some dairy foods. Just like fuel for a car, carbohydrates are the primary fuel source for many important organs, including the brain. Carbs also provide essential vitamins, minerals, antioxidants and dietary fibre for our body to perform at its peak.

### There is nothing special about a low carb diet!

- Low carb diets cause you to lose weight quickly because they restrict the amount of kilojoules (energy) you eat.
- This means cutting out many healthy food choices, placing your body at greater risk of some cancers, heart disease and other serious health conditions.

### A balanced approach to weight loss

Maintaining a healthy weight means adopting lifestyle habits that last a lifetime. This can be made easier by:

- Choosing a variety of foods from all food groups, whilst limiting high fat and refined sugary foods.
- Balancing your energy intake with plenty of physical activity each day. The more we move, the more energy we burn up.
- To avoid falling back into old habits, make small, gradual lifestyle changes that are realistic for you!

Here's to demystifying another health topic!

Yours in Health, [The Corporate Bodies Team.](#)