

# TOP 10 LOW CARB DIET MISTAKES

1

NOT RESTRICTING CARBOHYDRATES ENOUGH



GOING ONLY BY THE SCALE

2

3

TOO MUCH DAIRY PROTEIN

NOT DRINKING ENOUGH WATER

4

5

NOT ENOUGH EXERCISE

RELYING ON PROCESSED FOODS AND NOT  
WHOLE FOODS

6

7

EATING TOO MUCH FRUIT



EATING TOO MANY CALORIES

8

9

NOT MONITORING BLOOD SUGAR LEVELS



EATING A LOT OF LOW CARB SWEETS

10



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