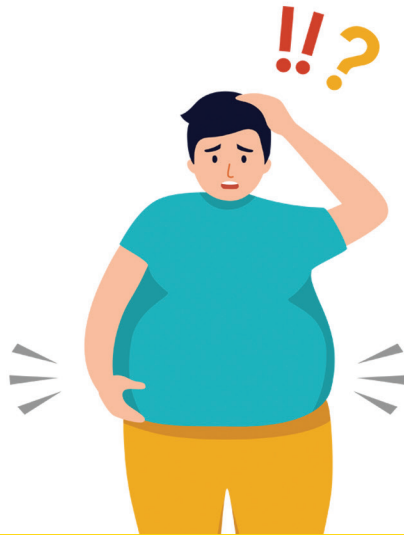


Grains in Low Carb Diet



5 BEST GRAINS TO INCLUDE IN LOW CARB DIET

Bulgur Wheat

Immense amounts of fibre and nutrients, bulgur lowers the risk of chronic diseases and manages weight.



Whole Wheat Couscous

A healthy alternative to rice, couscous has fewer calories and carbs that can slim you down.



Oats

A serving of oatmeal with 12 grams of carbs keeps you satiated and controls hunger pangs.



Quinoa

Quinoa, the gluten-free grain loaded with fibre and protein, is perfect for shedding extra kilos.



Wild Rice

Being low in carbs and high in fibre and protein, makes wild rice an ideal grain for weight loss..



GastroDoxs
defenders of the digestive system