



**Q: When I went off a high-protein, low-carbohydrate diet, I regained several pounds within a few days. What can I do?**

**A:** The rapid weight gain after a low-carbohydrate diet comes from water. When we limit carbohydrates, our bodies' ability to maintain normal water balance is disturbed and we tend to become dehydrated. As soon as the body starts receiving normal amounts of carbohydrates again, the lost water is restored. It may take a few weeks for your body's water balance to completely normalize, so be patient and avoid weighing yourself. You should be aware that for lower risk of cancer and other health problems, including weight control, sound nutritional recommendations emphasize eating vegetables, fruits and whole grains. These foods all contain carbohydrates. Another problem with low-carbohydrate diets is the tendency of people after such a diet to go to the opposite extreme and overeat the foods they've missed. When you want to lose weight, find a healthy and enjoyable "middle ground," control your portion sizes, exercise, and you'll succeed.

For more information on weight gain prevention contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

***Shape Your Future... Your Weigh!™***