PREVIEW_ Christopher Webster - Presentation (Breckenridge 2018) 2

Christopher Webster: This is how they perceive the diet. So, "I can happily sit through a party where people are eating everything under the sun and I'm not tempted by it." So that's actually a big deal. Most of the participants had something like this.

They couldn't go to the shop and buy 100 chocolates or whatever. So it's really given control back. So a thought I had is maybe the food choices with LCHF it should be about control of your eating behavior and not necessarily carbohydrate content.

So maybe there are some very low carbohydrate foods that reduce your control. Particularly a lot of participants mentioned sweetened foods, so zero carbohydrate foods that are sweet as a major problem.

And it took them a few months or years before they got rid of them. But it was part of their journey.