The Effects of Reintroducing Carbohydrates & Salt into a Very Low Carb Paleo Diet

Winslow Strong

Quantified Self

Quantified Self Europe 2013
Amsterdam, 2013.05.11-12
Best practices in diet?
Who knows?
Self experiment to find out
Moderate Carb reintroduction began 2012.10.14.

**Prev 9m** Very low carb: 50g carb/d, 30g fiber/d = 20g net carb/d

**All 2012** Exercise: 3 days strength training (1hr weights each) + 3-4 days jogging (20m-40m each) per week.

**All 2012** Mostly Paleo diet: whole-foods based, no grains, no legumes, little dairy.

**June-Present** Intermittent Fasting (IF): eat between 12:00-20:00 only, daily.
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- Since the spring, unreasonably tired near bedtime. Didn’t usually wake up feeling refreshed. Sleep quality not great.
- Overall not satisfied with my energy levels. Mediocre.
- Blood pressure of 144/92 mmHg on 2012.09.27
- Wanted to make faster progress in strength ⇒ need to gain weight more easily.
- It’s hard to gain weight on low carb + Paleo + IF
My Health Dissatisfactions

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- Increase calories
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On 2012.10.22, I started a carbohydrate- and calorie-cycled diet (à la [LeanGains.com](http://LeanGains.com)):

- **Strength training days:** 600g=2400cal carbs, 200-250g protein (increase from my usual of 150-200). Total calories=4400.
- **Other days:** 150g=600cal carbs, 200-250g protein. Total calories =2850.
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- Carb sources: sweet potatoes, potatoes, and white rice.
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Quantification and Tracking Tools

myfitnesspal

KeepTrack PRO

[Images of various tracking tools including a scale with potatoes, a digital scale, and a smartphone with a graph]
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What I (Think I) Learned

- I feel better eating more than a little bit of carbohydrates+salt:
  - More energy in general, especially for workouts
  - Not exhausted at bedtime, but can usually fall asleep just fine
  - Feel more relaxed, especially 1-3hrs after carb meal

- Tracking nutrition is a powerful but costly tool for experimenting with your diet. Use it to develop intuition for food quantities, then stop.

- Body temperature is a great quantification tool for well-being.

- Listen to your body! A gradual drift of "normal" occurs over time. Be watchful and track health and wellness metrics.
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- Blood glucose
- Bloodwork before and after
- Sleep (Zeo)
- Subjective self-reported well-being
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More Diet Hacking

Just finished a 25 day vegan self-experiment.

I tracked many more things.

I blog about QS, Health, and Performance

http://BiohackYourself.com