1. Limit and control carbohydrates to achieve and maintain a healthy weight
2. Choose carbohydrates wisely (leafy greens, low carb vegetables, legumes), avoid refined carbohydrates and foods with added sugars
3. Eat until you’re satisfied:
   - to lose weight, eat in proportion to the pyramid, focus on fats and protein, leafy vegetables and healthy oils
4. Everyone’s metabolism and lifestyle and different. Discover your individual carb level to achieve and maintain a healthy weight.