



Kremlin Diet — How It Works & Who It Suits

Mini-brochure: key idea, how the point system works (concept), food categories (illustrative), sample day, pros & cons, who it may suit / who should avoid, risks & cautions, smart swaps, FAQs and alternatives.

Key Idea (short)

- A **low-carb**, point-based approach: foods are assigned 'points' roughly mirroring carb content.
- Lower points → usually proteins/low-starch veg; higher points → bread, sugar, sweets.
- Weight change comes from **calorie deficit** and reduced refined carbs — points are a tracking tool.

How the Points Work (concept — exact tables vary by source)

Food group	Typical points (illustrative)	Notes
Non-starchy veg	0-1 per 100 g	leafy greens, cucumber, zucchini, broccoli
Meat/Fish/Eggs	≈0 per 100 g	watch cooking fats & sauces
Cheese & dairy	0-2 per 100 g	choose unsweetened; check labels
Oils/Butter	0	high-calorie; measure teaspoons
Beans/Lentils	4-8 per 100 g	higher carbs; portion mindfully
Fruit	3-10 per 100 g	berries lower than bananas/grapes
Bread/Pasta/Rice	10-20 per 100 g	limit refined options
Sugar/Sweets	10-20 per serving	use rarely

Sample Day (illustrative, balance first)

Meal	Idea
Breakfast	Omelette with spinach + tomatoes; side of cottage cheese; coffee/tea unsweetened.
Lunch	Chicken or tofu salad: leafy greens, cucumber, olive oil + lemon; a few olives.
Snack	Greek yogurt (plain) + a handful of berries OR nuts (small).
Dinner	Baked fish + broccoli + side salad; optional cauliflower 'rice'.

Pros & Cons (quick view)

Pros	Cons
Simple rules; limits sugar & refined carbs; can reduce hunger for some.	May be low in fibre & certain micronutrients if veg/legumes/fruits are too restricted.
Flexible choices within low-carb frame.	Socially restrictive; higher saturated fat if not planned.

Who It May Suit / Who Should Avoid

May suit	Avoid/seek medical advice
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People who prefer simple low-carb rules and like savoury meals.	Pregnancy/breast-feeding; kidney disease; gout; type 1 diabetes.
Short-term reset for reducing sugar/refined carbs.	Type 2 diabetes on medication — discuss carbs/insulin with a clinician.
Those willing to plan veg/protein for balance.	History of disordered eating; active GI conditions; high cholesterol without supervision.

Risks & Cautions

- Rapid early weight loss is mostly **water**; watch electrolytes and hydration.
- Possible side effects: fatigue, headache, constipation — increase **fibre** & fluids; include vegetables.
- Extreme carb cuts can affect mood/sleep/training — adjust to a comfortable level; consider medical guidance.

Smart Swaps (lower-point ideas)

Instead of	Try	Why
White bread	lettuce wraps or high-fibre crispbread	fewer carbs; still crunchy
Sweetened yogurt	plain Greek yogurt + berries	protein + lower sugar
Fries	roasted cauliflower/broccoli	volume + fibre
Soda/juice	sparkling water + citrus	hydration without sugar

FAQs & Safer Alternatives

Q	A (short)
Do I need to hit zero carbs?	No. Many people feel better with some carbs from veg, dairy, berries.
What about fibre?	Aim for vegetables at every meal ; consider chia/flax & adequate water.
Alternative?	Try the Plate Method (½ veg, ¼ protein, ¼ smart carbs) for a flexible approach.



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