

SEPTEMBER

Setting the record straight on Carbohydrates.

Carbohydrates, or carbs are so misunderstood in the American diet. We are lead to think they make us fat and that no-carb or low-carb diets are the best way to lose weight. However, carbs feed our brains and nervous systems, they help break down fat and keep our bodies lean. We WANT calories from carbohydrates.

What we need to learn is the right carbohydrates to incorporate into our diets.

Eating Complex Carbs (long chains of sugars) that form starch or fiber, make our digestive enzymes work harder to breakdown the chain into individual sugars for absorption. So they take longer to digest, and slow absorption provides us with a steady supply of energy and limits the amount of sugars converted into fat and stored.

Carbs are not fattening, complex carbs were the central part of the diet all over the world, hence the names oatmeal and cornmeal. Examples of natural complex carbs are Whole grains (whole wheat flour, bran, wheat germ, barley, cornmeal, oatmeal, buckwheat and brown rice), fruits, legumes (beans, peas and lentils), seaweeds, and vegetables. All these foods lower blood cholesterol, slow transit of food through the upper GI tract lending satiety. They hold moisture in stools, softening them. They provide fiber, nutrients, proteins and the sugar your body uses for energy. They also lower the risk of heart disease and diabetes.

On the other hand, Simple Carbohydrates are smaller molecules of sugar that are quickly dissolved and digested and immediately absorbed. The rapid digestion increases the chances of the sugar converting to fat because our cells don't usually require so much energy so fast and the cells can't store it. These include table sugar, cakes, cookies, jams, chocolate, candy and soda.

To support optimal health we should consume the right carbohydrates. Dietary recommendations suggest 45%-65% of our daily calories come from carbs. All we need to do is make the right

choices.

It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

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