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Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Carbohydrates, Proteins, and Hidden Fats**

**By Dr. Donald A. Miller**

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Recent TV news showed that various food brands are offering low carbohydrate foods due to public demand. That just shows how poorly informed the public can be.

The Mayo Clinic (<http://www.mayoclinic.com/>) tells us that "Every day your body requires certain nutrients, such as carbohydrates, fats and protein, to function properly. Too much of one nutrient or not enough of another can influence your health."

Encyclopedia Britannica (<http://www.britannica.com>) tells how carbohydrates can be classified, but they are all described as molecules of Carbon, Hydrogen, and Oxygen. "Carbohydrates are the most abundant molecules in all biology."

Carbohydrates and oils are the means that plants store energy. Few plant fats are saturated.

Fats are also compounds of Carbon, Hydrogen, and Oxygen, but in more complex structures than carbohydrates. The more structural bonds, the less liquid is the fat at room temperature. Such liquid fats are called oils.

Hydrogenating oils creates more hydrogen bonds to make liquids into soft or hard fats. These trans-fats are bad for cardiovascular health. The "essential fatty acids" are the ones that the human body cannot create from other foods, such as proteins.

## Carbohydrates, Proteins, and Hidden Fats

Proteins have many structures, but are mostly composed of Carbon, Hydrogen, Oxygen plus Nitrogen. The essential amino acids are those proteins which the human body cannot create from other foods.

Of course, foods also contain essential vitamins and minerals. Supplements of these can be beneficial, if not overdone.

High / Low Carbohydrate / Protein diets really miss the target. Once minimal needs of each food type are met, the real issue is high or low calories compared to those used.

If you eat more than your exercise can burn, you gain weight, and vice versa.

Carbohydrates as sugars are fine as nature provides them, but not as refined and concentrated by humans. Like any source of calories, excess consumption leads to body fat. The details will vary, but a five pound bag of fresh fruit contains fewer calories than a typical candy bar.

Supposed high protein diets are often filled with hidden fats. For example, consider ground beef.

Center for Science in the Public Interest, with reports on-line at [www.cspinet.org](http://www.cspinet.org), tells us "USDA allows ground beef labels to make claims that would be illegal on other foods." "Ground beef accounts for 45 percent of the beef sold in the U.S. and it adds more fat -- and more artery-clogging saturated fat -- to the average American's diet than any other single food." "The USDA allows no more than 10 percent fat by weight in most foods that are labeled 'lean.' But the USDA allows ground beef that is up to 22.5 percent fat to be called 'lean.'" Of course, that fat is "saturated".

In contrast, protein from plants, such as grains and legumes, has much less fat than ground beef and none of it is saturated. Tempeh, an Asian food made from whole soy beans with careful fermentation, has more protein than an equal amount (volume or weight) of ground beef, and also contains all the essential amino acids.

So try this for healthy diet rules. Eat all the vegetables

and fruits you can stand, but without sauces, dressings, added sugar, butter, margarine, or cheese. The same applies to grain foods, such as whole grain breads and pastas. Get at least some of your proteins from plant sources. Avoid all foods fried in fat or oil.

I lost weight and one third of my blood cholesterol by reducing my beef and pork consumption, increasing my use of broiled and baked fish and chicken, and learning about soy foods that are now available in North America.

Even Ph.D. scientists can mis-lead themselves with wishful thinking. A former colleague of mine was often heard to describe his high protein, low carb diet in terms of complex biochemical theories, yet he was always at least 100 pounds overweight. He also ate and drank about three times as much as I did at shared meals. Get Real!

**\*\* Diet with FACTS, not MYTHS. \*\***

Dr. Donald A. Miller is author of "Easy Health Diet" <http://easyhealthdiet.com/diet.htm>, "Easy Exercise All Ages" <http://easyhealthdiet.com/eeaa.htm>, and numerous free articles on health <http://easyhealthdiet.com/articles/>. Seven of ten deaths are caused by preventable diseases.

### **Protein Diet – What Does It Mean For Your Body?**

**By Jeff Smith**

To really understand the impact of a protein diet, it's important to know how it affects and interacts with your body.

When we speak of your muscles, glands, and organs, they are mainly made up of protein. Indeed the two major components making up our bodies are water and protein. So, why all the fuss about protein diet?

There is definitely a link between enhancing muscle and protein since muscle is largely composed of protein. So the argument goes, protein diets help in muscle growth which in turn, helps to fight fat.

Just as there are good and bad fats and carbohydrates, there are different categories of proteins as well.

Proteins are composed of amino acids, and the human body requires 20 such amino acids for it's normal growth and development. When considering a protein diet, it is important to know that certain foods carry proteins containing essential amino acids which are NOT produced by the body itself but

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ARE essential to the body's processing of the other 12 non-essential amino acids.

What does all this mean? Your protein diet must include foods that not only provide non-essential amino acids, but more important, must include foods that supply your body with essential amino acids.

Foods you should consider for your protein diet include: broccoli, spinach, walnuts (or many other nuts), beans, lentils, pastas, and barley.

Discover weight loss tips, protein diet tips, diet program reviews and fat burning techniques with Jeff Smith's Rapid Weight Loss resource site at:

Protein Diet – What Does It Mean For Your Body?

Ten Important Things to Know Before You Join a Weight Loss Program

The Zone Diet Explained

You Can Lose Weight on a High Carbohydrate Diet

Protein – Its Place In Your Weight Loss Program

Recipes from the Heartland

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