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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Carbohydrate Debate

By Renee Kennedy

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To eat or not to eat carbohydrates. that is the question.
There are good carbs and there are bad carbs.
How can we tell the difference and how do we know
what to eat?

The old way of classifying carbohydrates:

Complex Carbohydrates provide fiber, vitamins,
minerals and energy. Some foods that contain complex
carbohydrates are whole grain bread, legumes like peas
and beans, pasta, rice, and starchy vegetables.

Simple Carbohydrates are broken down quickly to
provide energy. Simple carbohydrates are found
naturally in milk, fruits and vegetables. Simple carbs
are also found in processed foods like syrup, soda,
and refined sugar found in many processed baked goods.

In this way of classifying carbs, it is recommended that
we limit our intake of simple carbs and get most of our
carbohydrates from complex carbs.

The new way of classifying carbohydrates:

The Glycemic Index (GI) measures how quickly blood
sugar rises after ingesting a food with carbohydrates.
Eating a diet full of foods that have been rated with a
high GI may contribute to an increased risk of diabetes
and heart disease.

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Highly processed or highly refined carbohydrates have been found to have a high GI – foods like white bread, white rice, white pasta, french fries and refined breakfast cereals.

Whole foods will have a lower GI – legumes, whole fruit, and whole grains like wheat, oats, barley, and brown rice.

However, there are exceptions to this rule. Many other factors influence the GI of a food. Fiber content,

fat content, ripeness, and type of starch also affect the GI. Thus some foods like potatoes and bananas have a high GI.

Diets that advise you to eat a low amount of carbohydrates have gone part of the way to increase awareness of the differences of carbs. The Glycemic Index has also helped us to determine that all carbs are not created equal. Some kinds of carbohydrates help promote health, but others actually increase the risk for diseases like diabetes and coronary heart disease.

What should we eat?

The general rule is that highly processed carbs are not as good for us as natural carbs. How can we get away from highly refined foods – it's everywhere you look!

Here are some techniques for buying food:

1. Educate yourself. learn to read the backs of packages of food and know the difference between a processed food and a natural food. (However, if it's packaged in a box, bag, or can – chances are it's processed.)
2. Go to the store with a list.
3. Do not go to the store hungry.
4. Do not go to fast food restaurants. instead try out diners or restaurants that boast home cooked meals.
5. Get your fruits and vegetables from farmers markets or farm stands whenever possible. Not only will you save money, you will also be getting better quality produce.

Read more about The Glycemic Index:

<http://www.hsph.harvard.edu/nutritionsource/carbohydrates.html>

Need help counting your carbs? <http://www.NutriCounter.com>
The NutriCounter is the right device for helping you monitor your carbohydrate intake. It stores and tracks nine nutrients including calories, total fat, saturated fat, protein, carbohydrates, sodium, cholesterol, sugar, and fiber. It's available in Palm OS and Pocket PC software or as a hand held unit.

Renee Kennedy is the editor of the monthly ezine NutriCounterUpdate. Come and visit the NutriCounter web site at <http://www.nutricounter.com/news.htm> for an extensive selection of articles on health, nutrition and exercise.

Atkins Diet

By Danny Wirken

Advantages: lose weight fast, eat a lot of meat
Disadvantages: possible stomach/kidney problems, lack of energy

Recommended: yes

There are so many diet regimens offered in the market today. Each one has its own unique characteristics. Some of them work and others do not. The Atkins Diet is not actually new. In fact, it has been around for many years now and you can say it is not the "in" thing anymore.

The idea behind this diet is that you reduce your carbohydrate intake to the barest minimum. There are various stages in the diet. The first one is called the induction stage. This stage is where you practically starve yourself of any carbohydrate-containing food. The first day that I tried this, I felt myself shaking all over and I couldn't do much anything else but sit down on the sofa! You get used to it though. Gradually, your body gets used to the decreased carbohydrate intake. After a couple of weeks, you can gradually increase your carbohydrate intake.

You must be very patient and disciplined in order for this diet to work for you. I had to learn the carbohydrate content of almost all food items while I was on this diet. You might also need to come up with a journal wherein you can list down everything that goes into your mouth - everything. That way you can keep track of your carbohydrate consumption for the day.

It is not as bad as it sounds because this diet focuses on high protein intake. That means you get to eat a lot of meat, eggs, and other such food. If you are a meat lover, then this diet might work out for you.

You might end up spending a lot more on your food though, as meat products and other high protein foods are more expensive than carbohydrate-rich foods such as rice and bread. Another disadvantage is that you might experience stomach and kidney problems. From my experience, I lost weight

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continuously and quickly as long as I stuck to my diet. However, after several months of being on it, I easily got sick and my stomach gave me problems. The doctor said that this is due to the lack of vitamins and minerals. So if you are going to try this out, make sure you have enough supplements to give you nutrients.

Another very important thing - Atkins works while you are on it. If you suddenly revert to your old eating habits, then expect to gain all the weight you lost back. As our doctors always say, a balanced diet, exercise, and a healthy lifestyle is the best way to keep a sensible weight.

For more information please visit

<http://www.444.net>



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