

The Best Carbs For Low Carbers

With the popularity of low carb diets such as Atkins, The Zone, and South Beach, more and more people are becoming aware of the bad effects to the body of too much carbohydrate consumption. As people try to cut down on their carb intake, it should be noted that not all carbs are created equal. In a nutshell, there are two kinds of carbohydrates, simple and complex. Some refer to them as bad and good carbs, fast and slow digestion carbs and other possibly confusing lingo. Here's the scoop. SIMPLE CARBS are those carbohydrates that are most often have low nutrient content and have high glycemic index such as white bread, cookies, pastries, candies, and sodas. They are quick to digest and can cause blood sugar to soar then fall dramatically within a short span of time. In order to keep the body running more healthy and stable, health advisors recommend that these types of foods be limited. COMPLEX CARBS are those that contain many nutrients and have a low to moderate glycemic index. Higher fiber content in these foods means slower digestion, which is healthier for the body. And these foods are considered good choices by health advisors. Examples of these complex carbs are whole grains, most fruits and vegetables. Legumes, plants of the pea or bean family, are also in this category. While studies like one from the University of Arkansas for Medical Sciences in January of 2004 show that low-carb diets can help with weight loss; the carbs need to be of the complex, low glycemic type. It would be best to avoid simple carbs altogether. But if you just can't stay away, you should at least eat them in moderation or in accordance with the advice of your dietary advisor or health practitioner.

About the Author

Digestion in the Worm. The Pharynx sucks the food into the earthworm. Peristalsis pushes the food down the esophagus to the crop for storage.

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