



CARBOHYDRATES

- Friend or Foe? -



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Our Macronutrients

Carbohydrates – Our FRIEND!



Ah yes...we love our carbs. Any why not? Nothing elicits a warm, fuzzy feeling like a hot cinnamon bun on a cold winter's day. But we are a nation addicted to carbs, and it's adding to our weight struggles, soaring diabetes rates, insulin resistance, overly-acidic bodies and a host of other undesirables.

But not all carbs are created equal. In fact, *the right kinds of carbs* are of extreme importance. They supply energy to body, and they are the **only** source of energy to the brain and red blood cells. But they must be understood in their differences, and treated with respect. A 'holding of the reins' is necessary here. And carbs are protein-sparing!

If you're looking to optimize all three of our goals – to *look, feel* and *perform* better, close attention to carbs is extremely important. But make sure *you're using them* to your advantage, instead of *them using you!*

Know the difference between 'real' and 'other' carbs

First, if you're looking to lose weight, increase your **real, live** carbs (those found in nature, like fruits and veggies) and minimize or eliminate **other** carbs (man-made, refined ones - breads, pasta, crackers, cookies, chips etc...you know the drill!). And combine your carbs with protein which will help lessen the sugar value of the carbs.

Second: If you must indulge in these '**other**' carbs, do so before 3 pm. The reason for this is simple - if you eat other carbs in the evening, your body's metabolic processes are winding down for the day, so you can't digest these starchy carbs efficiently. So they end up being only partially digested, and are carried over into the next day. Before you know it, things starts piling up! Literally!



Third, eat a little bit of **real, live** carbs with every meal (veggies, fruit, raw or lightly steamed). They clean out the cells, energize your body, provide much-needed antioxidant protection, lower blood sugars, remove toxins and reduce cravings.

Fourth: while fruit is a healthy carb, if you have weight issues, limit your fruit intake to one piece a day, and make it a low sugar choice like an apple, pear or berries.

Fifth: If you like your juice, milk, sodas or alcohol, *and* you have weight issues you now know why you can't get rid of the excess weight. Your body converts all carbs into sugars for fuel. (Remember, the other word for 'carbs' is 'sugar'). And the simpler the sugars (liquid form is the simplest), the faster it gets absorbed and stored as excess calories. So for optimum weight, immediately replace all sodas, juice, milk, and those designer coffees with water. Pretty simple.

‘Get out of jail’ card: There’s an exception to the rule when it comes to eating ‘other’ carbs and here it is - if you trained that day, you get to eat a serving of ‘other’ carbs after your training session. It’s like your own ‘get out of jail’ wild card. You’ve earned it, and your body is well-equipped to burn it off after training.

The ‘real’ (live) carbs – complex carbs

Vegetables and fruits are the preferred choice for several reasons:



- **They are whole, ‘live’ foods** as nature intended
- They are full of antioxidants, vitamins, minerals and enzymes
- They contain soluble and insoluble fibre (good for digestion, elimination, removes toxins)
- Eat a ‘rainbow’ of different coloured fruits and veggies.
- Eat some raw veggies at every meal, to clean the cells and rev up the metabolism.
- **Eat 5-10 servings of fruits and veggies** each day (a ‘serving’ is ½ cup).

Grains are another valuable complex carb source, but eat them judiciously!

- Eat whole grains (spelt, kamut, quinoa, tabouli)
- They contain soluble and insoluble fibre (good for digestion, elimination, removes toxins)
- Minimize or eliminate bread (yes, there is life after sandwiches!)
- **Eat 2-3 servings a day** (a serving is ½ cup rice, ½ potato).

The ‘other’ (man-made) carbs – simple carbs

- **Sucrose** (white sugar)
- **Fructose** (Fruit sugar) – ie fruit juice
- **Lactose** (milk sugar) – ie milk
- **Man-made, refined products** – ie bread, chips, crackers, cookies, fast foods, etc



We should try to minimize these carbs. Why? Because they absorb quickly, and cause the body to release insulin in greater-than-necessary quantities. When this happens, it signals to the body to store more fat and use muscle for fuel, definitely what you don’t want (remember, our metabolism is in our muscles! Lose the muscle and you lower your metabolism!) They can also lead to.....

- hypoglycemia
- peaks and valleys, low energy, anxiety, mood swings
- stored fat today and in the future – weight gain!
- future onset diabetes

What is the GI Index?

The GI index refers to the glycemic index which measures the sugar value of a food and its impact on our body’s blood sugar levels. In our carb-heavy world, we eat way too

many high glycemic foods (heavy, starchy, simple sugars) which adds to weight gain, poor energy, lack of motivation, emotional disturbances, an overly-acidic body, future-onset diabetes and more.

The key is to eat lower on the GI table (below 75 value).

If you're going to indulge in a high glycemic food, the way to bring down its value is combine it with *fibre* and *protein*. That's why orange juice has a much higher glycemic value than the actual orange – it's been stripped of its sugar-lowering fiber. Or why if you want to eat a chocolate bar, eat it after a meal, versus eating it alone – the fibre and protein in a meal will soak up the excess sugar in the bar, giving it a lower GI value, versus eating it alone where the sugar value acts like a run-away race horse in your system.

Eat low (in the index) and you'll stay low (in bodyweight)!

Breads

Whole grain rye	42
Coarse barley	57
Pumpernickel rye	51
Coarse wheat	69
Whole meal rye	89
Whole meal barley	93
Coarse oat	93
Rye crisp	95
Whole wheat	69
Pita bread, whole wheat	57
Dark rye, Black bread	76

Cereal Grains

Buckwheat pancakes	45
Oatmeal (long cooking)	49
Oat bran	85
Muesli	56
Millet	103
Buckwheat	78
Couscous	66
Bulgur	48
Wheat kernels	63
Rye kernels	47
Pearled barley	25
Cornmeal, whole grain	68

Rice & Pasta

Whole wheat spaghetti	37
Brown rice	50
Wild rice	55

Fruit

Bananas	55
Raisins	64
Dried fruit	65-70
Apples	36
Oranges	40
Cherries	23
Plums	25
Grapefruit	26
Peaches	29
Pears	38
Grapes	45
Mangos	55
Dates	103
Papaya	58
Canteloupe	65

Beans, Peas & Legumes

Peanuts	15
Black-eyed peas	33
Soybeans	15
Lima beans	36
Navy beans	40
Broad beans	75
Chickpeas (canned)	60
Chickpeas (dried)	47
Kidney beans (dried)	30
Kidney beans (canned)	74
Frozen peas	51
Green lentils (canned)	74
Green lentils (dried)	25
Pinto beans	62

Vegetables

Parsnips	98
Carrots	90
White potatoes	82
Sweet potatoes	48
Yams	45
Beets	64
Mashed potatoes	98
Baked russet potato	116

Dairy Products

Nonfat yogurt, plain	15
Whole milk	27
Cheese (raw)	30

Sugars

Honey	58
Fructose	20
Lactose	57
Sucrose	75
Glucose	100
Maltose	105

Helpful Hint

If you don't have access to a GI table, here's a self-administered test you can use. Next time you are wondering about a carb's sugar content, *just think about how the carb feels in your mouth*. Is it overly *sweet* (tropical fruits, fruit juices) or *starchy* and *heavy* in your mouth (bananas, potatoes, beans, corn), then it's likely a high glycemic carb, the kind you want to keep to a minimum. So trade up the pineapple for an apple or a pear, and the banana for some berries. Got it?

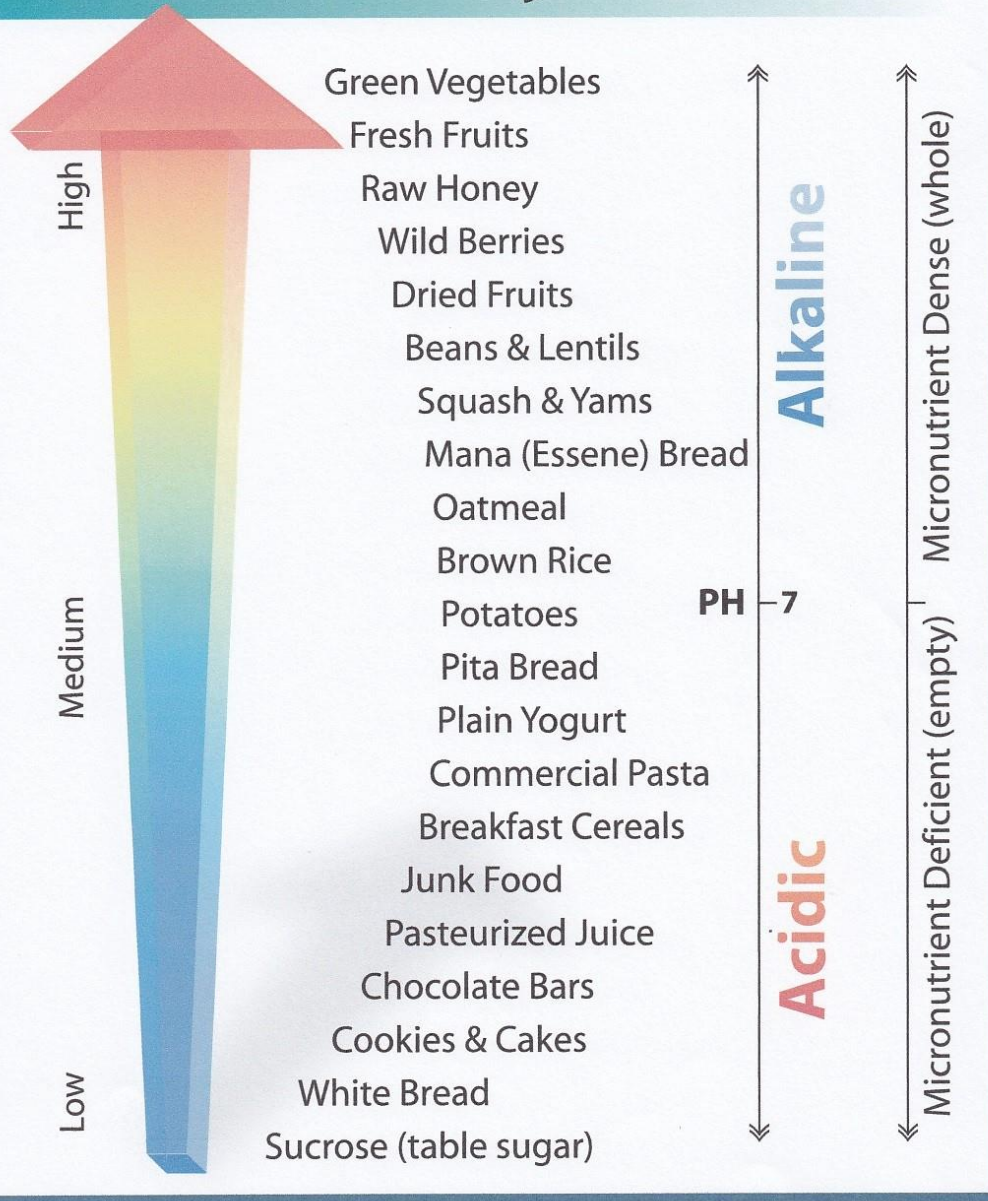
Say NO! to Low / No-Carb Diets!

You need carbs to burn fat. If you cut the carbs too much, your body will be forced to burn precious muscle. And we don't want that! (Remember, your metabolism is in your muscles!). Also, if you cut carbs too drastically, it will also cause your body to hoard the fat, so when you do resume regular eating, you will gain back more weight than when you started! (Can anyone say *Atkins Diet*? Now lovingly re-labeled as Keto?).

As long as you're eating lots of veggies, some root veggies and a bit of seasonal fruit a day, you are feeding your body healthy carbs that will help you to burn fat on a regular basis. So cut out the bread, crackers, and pastas, and know you're on your way to a healthy metabolism, while at the same time breaking free of that carb addiction, the one that keeps you overweight and lethargic!

A Note about Cutting Down on Man-Made Carbs: If you've been eating a regular diet of breads, pastas, crackers etc., it is often advisable to first cut your refined products consumption in half, rather than cut them out all at once. For some people, cutting them out all at once may be too difficult, too much of a shock on the body, and there may be a too-dramatic drop in energy. Only you can decide, as everybody is different.

Carb Quality Chart



Carbohydrates - Top 10 Tips



Summary

- 1) The best kinds of carbs are **'real, live'** carbs, that you would find in nature, in that state. For optimum health, eating some raw veggies at every meal.
- 2) To cut all offending carbs out at once, you may 'shock' your body into seemingly rapid weight loss, but it's only water weight. AND you could initiate a plateau (stalled weight loss. So easy does it when lowering carbs!
- 3) **Carbs Two main Value Traits:** They are ***protein-sparing*** (meaning, if you don't have enough carbs, your body will use protein – aka your muscles- for fuel! AND you **cannot lose weight** without CARBS! (Your body will hoard the fat if you don't feed it carbs, because it thinks you are starving it!)
- 4) **Do you know** how many carbs you average in a day? FIND OUT! You might be surprised! You are likely NOT sensitive to carbs, like you think. Very few people are sensitive to whole food carbs. When most women talk about carbs being negative, it's because they are investing in man made, sub optimal carbs. Change up your take on carbs – WHOLE FOODS ROCK!
- 5) When using the glycemic index, eat the majority of your foods under 75. But be wary – orange juice and eating an orange are very different indeed!
- 6) To level out the glycemic (sugar) value of a carb, combine it with *protein*.
- 7) If trying to lose weight, limit fruits to 1-2 servings of seasonal, low glycemic fruits like apples, pears and berries (no tropical fruits).
- 8) For optimum weight loss, don't drink your calories (minimize shakes and sports drinks). A robust metabolism and digestion needs something 'meatier' than liquid to function properly!
- 9) Replace all juice (diet and otherwise), milk and sodas with plain water.
- 10) You need carbs for healthy digestion AND metabolism! Oh yeah, AND to help build and maintain shapely muscle too!

Remember, make carbs about 30-40% of your total caloric intake!

PSST—Does this sound like YOU?

- Have you had a lengthy diet history over the years?
- Do you feel your metabolism has slowed down over the years?
- Do you find that what worked before for weight loss doesn't work anymore?
- Are you doing Keto, Fasting, Weight Watchers but still not seeing results?
- Are you an emotional eater?
- Do you have unresolved or continuous stress in your life?
- Are your biomarkers in peril- blood sugars, blood pressure, thyroid or other?
- Do you feel you've plateaued in your weight loss?
- Are you on a HIIT program or Whole-body program but not seeing results?
- Are you doing lots of cardio to try to lose weight?
- Do you see others losing weight / getting results and wonder why you are not?
- Are you experiencing hormonal ups and downs?
- Do you often feel ashamed about your body, your weight and / or your health?
- Do you often say to yourself *'I know what to do but I'm just not doing it'*?
- Are you ready to Step Out with your best Body and best Life?

If you answered *YES!* to any of the above questions, I have good news for you!

NEWS FLASH –It's NOT your Fault!...and you CAN get unstuck!

Book a **complimentary Body Breakthrough strategy** call with me and let's get you UNSTUCK!



I'd love to support you!

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A handwritten signature in black ink that reads "Ka". The signature is written in a cursive, flowing style.