

A WORD ON CARBOHYDRATES

What You Need To Know About Good Carbs Versus Bad Carbs

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For whatever reason, when people think of carbs they think that this class of macronutrient is bad for their body. Many people have this false idea that by not eating carbs they will dramatically lose weight. Well, I'm here to tell you that you don't have to be afraid of carbs because they're actually beneficial for your body.

There is no way you can truly function throughout the day without the inclusion of good carbohydrates in your diet. That said, let's talk about good and bad carbs and how good carbs can help you function in a healthy way.

GOOD CARBOHYDRATES

Good carbs have the following characteristics:

- 1) They are high in fiber, which helps you stay full longer and allows you to maintain a sustained energy level throughout the day.
- 2) They have no cholesterol.
- 3) They have a greater thermal effect, which naturally stimulates metabolism and promotes fat loss.
- 4) They have low energy density, which promotes weight loss and long term weight maintenance.
- 5) The low glycemic index of good carbs stabilizes blood sugar levels and insulin production.

The most popular and successful diet plans include good carbs because they are effective at lowering insulin production and stabilizing blood sugar levels. Good carbs make you fuller and prevent you from overeating. Foods that contain good carbs include: whole vegetables, whole fruits, beans,

legumes, nuts, seeds and whole cereal grains.

BAD CARBOHYDRATES

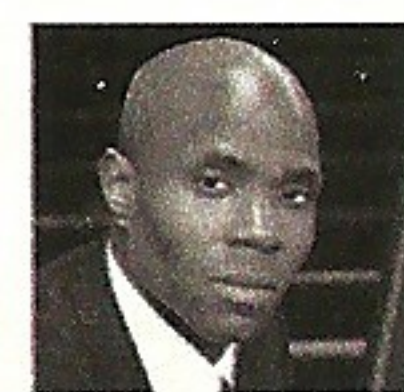
Some foods that contain bad carbs are: baked goods, white breads, pastas, snack foods, sugary candies and alcoholic drinks.

These bad carbs are harmful because they cause the body to release a large insulin spike in response to their ingestion. Ingesting large amounts of bad carbs on a regular basis can lead to the following health issues: obesity, diabetes, cancer and heart disease.

“The trick is to make sure you don't over-consume carbs. It's important to make sure you get the majority of your carbs in daily during breakfast and lunch. That should be adequate to help you reach your fitness goals.”

THE FINAL WORD

Consuming good carbs on a consistent basis will help you become healthier and fitter. You will lose excess body fat and you will have more energy throughout the day. Good carbs should always be incorporated into any weight-loss diet as they are key to your overall fitness success and long-term health. **IFM**



Obi Obadike is one of the top male fitness models in the world and is a certified ISSA personal trainer. Check out www.ObiObadike.com for more information.



International fitness model Obi Obadike has mastered the delicate science of carbohydrate manipulation.

Model: Obi Obadike Photo By: David Birkley