

HABIT 5 QUALITY CARBS



QUALITY CARBOHYDRATES

Like fats, carbohydrates get a bit of bad reputation! But you need to remember that like fats, not all carbohydrates are of the same nutritional value.

CARBOHYDRATES ARE SUGARS AND FORM AN ESSENTIAL PART OF YOUR DIET, as they are the primary source of energy for our bodies. What really dictates the effect it has on the body, is how quickly it can be digested. There are essentially 2 types of carbohydrates; simple and complex. Simple carbs will be absorbed quickly into your blood stream and depending upon timing, this effects whether the sugar is stored into your muscle tissue or stored in your fat cells. Complex carbs take longer to digest and be broken down, therefore releasing sugar at a slower rate.

However, thinking of carbs as complex or simple is not really enough because vegetables and fruits are all forms of carbohydrates. Fruits and vegetables are what we call fibrous carbs, whereas potatoes, rice, pasta, etc. are called starchy carbs. Starch is extremely complex, so it's the starchy carbs that we need to be more mindful of, especially if losing body weight is a goal.

There are some carbs that you definitely want to remove or at least reduce. these are the processed/refined carbs; think store-bought breads, white pasta and rice, packaged oats and cereals, etc. As a result of the refining process, these carbs are digested and metabolised rapidly which leads to elevations of blood sugar, fats, and cholesterol. Needless to say this can all lead to obesity and/or health complications. All this ultimately leads to you feeling hungry not too long after finishing eating.

Unprocessed carbs, such as wholegrain pasta and wild rice, contain higher levels of fibre. These unprocessed carbs are digested and metabolised within the body at a much slower pace, without any of the previously mentioned negative consequences.

Portion control regarding starchy carbs is a common issue I regularly come across with my clients. We just have no idea of how much we actually need. As mentioned in previous weeks, when you take a look at most plates of food, carbohydrates take pride of place, consuming most of the space upon a plate.

YOU NEED TO FLIP THIS ON ITS HEAD AND NOW GIVE PRIDE OF PLACE TO OUR COLOURFUL VEGETABLES!

Starchy carbs absolutely have their space upon on the plate, but I would like to see a cupped handful instead of the majority of the plates!

It's also important to note that simply **REMOVING ALL CARBOHYDRATES FROM YOUR DIET ISN'T HEALTHY FOR YOU EITHER**. Studies have shown that long term carbohydrate reduction may actually slow down your metabolism and increase your stress hormones. Even if this wasn't bad enough, you don't even lose that much weight over the long term, in comparison to those who eat carbs.



QUALITY CARBOHYDRATES

PORTION CONTROL



Female: One cupped handful



Male: Two cupped handfuls

ACTION PLAN

I WOULD LIKE YOU TO HAVE A GOOD SOURCE OF QUALITY CARBOHYDRATES WITH MOST MEALS.

THE PICTURES SHOW HOW YOU CAN PORTION THE AMOUNT BY USING YOUR PALM OF YOUR HAND.

QUALITY SOURCES OF CARBS INCLUDE:

BLACK BEANS
LENTILS
SPLIT PEAS

CHICKPEAS
QUINOA
WHOLE OATS

SWEET POTATO
WHITE POTATO
WILD RICE

BROWN RICE
FRUITS

TIPS

SIDE DISHES:

WHOLE GRAINS

BEANS

SWEET OR REGULAR POTATOES

SNACK ON FRUITS INSTEAD OF SUGARY TREATS.

BOIL OR BAKE YOUR POTATOES INSTEAD OF FRYING THEM.

INSTEAD OF CHOCOLATE OR SWEETS, TRY **DRIED FRUIT** (SMALL HANDFUL).

WORD OF CAUTION: JUST BECAUSE IT MAY SAY 'WHOLE GRAIN' ON THE PACKAGING, DOESN'T MEAN ITS GOOD FOR YOU.

THEY MAY WELL HAVE STARTED BEING WHOLE GRAINS BUT THEY WOULD OF UNDERGONE SOME PROCESSING THAT STRIPS AWAY THE NUTRIENTS FROM THEM.

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