

## 1: List of Good Carbs & Bad Carbs | Healthy Eating | SF Gate

*Carbohydrates provide your body with glucose it needs to function properly. Two types of carbohydrates exist: complex carbohydrates and simple carbohydrates. Foods rich in complex or "good" carbohydrates take time to break down into glucose, while foods high in simple or "bad" carbohydrates convert.*

One of the big reasons why bad carbs are harmful is because the human body is not able to process them very well. Our hormonal and digestive systems developed over the course of millions of years. Yet only in the past years or so have humans had access to these highly-processed carbohydrates in abundance. Because of this, most of the processed carbs we eat wreak havoc on our natural hormone levels. This leads to dramatic fluctuations in blood glucose levels – a big reason why you often feel lethargic after eating high-sugar, unhealthy meals. Eat enough of these empty calories and your body will quickly turn them into extra bodyfat, as anyone with a weight problem already knows all too well! What can good carbs do for you? Simply put, if you eat only good carbs you can avoid many of the health problems that plague millions of people around the world: You will be healthier and fitter. You will feel better and have significantly more energy. You will lose most or all of your excess body fat. This includes pretty much all chips, candy, soft drinks, etc. Avoid or limit your intake of refined-flour baked goods, including non-whole-grain breads, bagels, doughnuts, cupcakes, brownies, cakes, etc. Also, throw out the processed, high-sugar breakfast cereals – stick to whole-grain cereals and oatmeal. Buy a variety of fresh fruits and veggies and begin to include at least 1 or 2 servings with each meal. Also, avoid getting hungry and overeating by snacking on fruit or cut-up veggies throughout the day – a single large apple can easily curb hunger. Eat a serving of leafy green vegetables at least twice a day. Also, eat a variety of other colorful vegetables as often as possible. Use nuts and seeds as healthy, portable snacks you can carry anywhere. Eat a serving of beans or legumes at least times per day. The dozens of different types of beans and peas can be used in hundreds of delicious recipes. Always choose the whole-grain option when it comes to breads, cereals, crackers, pastas, etc. Choose organic foods whenever possible. Organic foods are free of pesticides and other environmental contaminants – this not only affects the taste of the food but its nutrients as well. Try a diet program that is proven to work. There are several healthy diet programs that are based around good carbohydrates. Some of the most popular include:

2: [www.enganchecubano.com](http://www.enganchecubano.com) " Good Carbs for Health & Weight Loss

*Good Carbohydrates: Foods for Fat Loss* The correct amount of carbohydrates that should be eaten during dieting is one the the most controversial subjects in the dieting industry. Some preach low carbs, others say only calories matter, and yet others say to eat only slow carbs.

Foods for Fat Loss The correct amount of carbohydrates that should be eaten during dieting is one the the most controversial subjects in the dieting industry. Some preach low carbs, others say only calories matter, and yet others say to eat only slow carbs. What is the truth? People have been successful, at least short-term, using all three. BUT, what really matters is long-term. Diets that are restrictive, such as the Atkins diet, may have faster short-term results, however, eating that way for life may be unsustainable. A Paleo Diet has also been very successful for many avoids grains and refined carbs, but, again, it may not be sustainable. A diet that utilizes a more balanced approach is better in the long run. This type of diet fits into life more realistically and is more likely to become a lifestyle. **Choosing the Right Carbs** When eating carbs always try to choose foods as close to their natural state as possible. A piece of fruit is better than fruit juice. A whole potato is better than pasta. Steel cut oats are better than oat flake cereal. Brown rice is better than white rice. Also, choose nutrient dense carbs before anything else. Carbs within colorful vegetables and fruits are always better for your body than carb-rich foods like breads, pastas, rice, and potatoes. It is also best to aim for fiber-rich carbohydrates peas and beans, fruit, oatmeal. Higher intake of fiber is linked to lower heart disease and diabetes risk. Fiber is also essential for regular moving bowels, and less constipation! **Good Sources of Carbohydrate.**

### 3: Good Carbohydrates: Foods for Fat Loss

*Though the good carb list above is an excellent start, there are certainly more good carb options. As a general rule, go for color. In the absence of a nutrition label, good and low-carb options are commonly vibrant to the eyes and packed with nutrients.*

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effects of high glycemic index and high glycemic load foods like processed carbs.

### 4: Good Carbs vs. Bad Carbs: The Healthy Carbs You Want to Eat - Dr. Axe

*Eggs. Carb count: 1 gram per 2 large eggs Eggs are a good source of antioxidants to fight cell damage.[8] Cottage Cheese. Carb count: 6 grams per cup Cottage cheese is packed with slow-digesting casein protein (28 grams per cup).*

Good Carbs vs Bad Carbs Why are good carbs like fruits, vegetables, legumes, and whole grains so good for us? Rich in an enormous variety of nutrients. Devoid of refined sugars and refined grains, which is so important as daily tsunamis of sugar in our bloodstream are directly linked to our current epidemics of obesity and type 2 diabetes. High in naturally occurring fiber, which helps lower not only blood sugar and insulin levels but also LDL bad cholesterol. Fiber-rich foods also help you fill up on fewer calories so that you can lose weight more easily. A high-fiber diet also helps prevent constipation, hemorrhoids, and certain cancers. Americans average just 12 to 15 grams of fiber a day. Nutrition experts say we ought to be getting at least 35 to 50 fiber grams daily. Very low often zero cholesterol, and no trans fats. High in calorie density. High in refined sugars white sugar, corn syrup, or artificial sweeteners that are just as bad and sometimes worse. High in refined grains like white flour. Low or devoid in nutrients. Low or devoid in fiber. High often very high in sodium. Sometimes high in saturated fat. Sometimes high in cholesterol and trans fats. Get more of these carbs into your daily diet: Refined grains like white bread, white rice and enriched pasta White potatoes Processed foods such as cake, candy, cookies and chips Sweetened soft drinks along with Sugar Not a Strict Rule Just because some foods have less desirable carbs does not mean you should kick them out of your life forever. A list of good carbs and bad carbs should not be seen as a strict rule.

### 5: Almost Zero Carb Food List | Low Carbe Diem

*Carbs are highly controversial these days. The dietary guidelines suggest that we get about half of our calories from carbohydrates. On the other hand, some claim that carbs cause obesity and type.*

Carbs, or carbohydrates, are molecules that have carbon, hydrogen and oxygen atoms. In nutrition, "carbs" refers to one of the three macronutrients. The other two are protein and fat. Dietary carbohydrates can be split into three main categories: Sweet, short-chain carbohydrates found in foods. Examples are glucose, fructose, galactose and sucrose. Long chains of glucose molecules, which eventually get broken down into glucose in the digestive system. Humans cannot digest fiber, although the bacteria in the digestive system can make use of some of them. The main purpose of carbohydrates in the diet is to provide energy. Most carbs get broken down or transformed into glucose, which can be used as energy. Carbs can also be turned into fat stored energy for later use. Fiber is an exception. It does not provide energy directly, but it does feed the friendly bacteria in the digestive system. These bacteria can use the fiber to produce fatty acids that some of our cells can use as energy. Sugar alcohols are also classified as carbohydrates. Carbohydrates are one of the three macronutrients. The main types of dietary carbohydrates are sugars, starches and fiber. Not all carbs are created equal. There are many different types of carbohydrate-containing foods, and they vary greatly in their health effects. Although carbs are often referred to as "simple" vs "complex," I personally find "whole" vs "refined" to make more sense. Whole carbs are unprocessed and contain the fiber found naturally in the food, while refined carbs have been processed and had the natural fiber stripped out. Examples of whole carbs include vegetables, whole fruit, legumes, potatoes and whole grains. These foods are generally healthy. On the other hand, refined carbs include sugar-sweetened beverages, fruit juices, pastries, white bread, white pasta, white rice and others. Numerous studies show that refined carbohydrate consumption is associated with health problems like obesity and type 2 diabetes 1, 2, 3. They tend to cause major spikes in blood sugar levels, which leads to a subsequent crash that can trigger hunger and cravings for more high-carb foods 4, 5. This is the "blood sugar roller coaster" that many people are familiar with. Refined carbohydrate foods are usually also lacking in essential nutrients. In other words, they are "empty" calories. The added sugars are another story altogether, they are the absolute worst carbohydrates and linked to all sorts of chronic diseases 6, 7, 8, 9. However, it makes no sense to demonize all carbohydrate-containing foods because of the health effects of their processed counterparts. Hundreds of studies on high-fiber carbohydrates, including vegetables, fruits, legumes and whole grains show that eating them is linked to improved metabolic health and a lower risk of disease 10, 11, 12, 13. Refined carbs are associated with obesity and metabolic diseases, but unprocessed carbohydrate foods are very healthy. No discussion about carbs is complete without mentioning low-carb diets. These types of diets restrict carbohydrates, while allowing plenty of protein and fat. Over 23 studies have now shown that low-carb diets are much more effective than the standard "low-fat" diet that has been recommended for the past few decades. These studies show that low-carb diets cause more weight loss and lead to greater improvement in various health markers, including HDL the "good" cholesterol, blood triglycerides, blood sugar, blood pressure and others 15, 16, 17, 18. This should not be taken lightly, because these are currently the biggest health problems in the world, responsible for millions of deaths per year. However, just because low-carb diets are useful for weight loss and people with certain metabolic problems, they are definitely not the answer for everyone. Over 23 studies have shown that low-carbohydrate diets are very effective for weight loss and lead to improvements in metabolic health. Restricting carbs can often at least partly reverse obesity. However, this does not mean that the carbs were what caused the obesity in the first place. This is actually a myth, and there is a ton of evidence against it. While it is true that added sugars and refined carbs are linked to increased obesity, the same is not true of fiber-rich, whole-food sources of carbohydrates. Humans have been eating carbs for thousands of years, in some form or another. The obesity epidemic started around 1980, and the type 2 diabetes epidemic followed soon after. Keep in mind that many populations have remained in excellent health while eating a high-carb diet, such as the Okinawans, Kitavans and Asian rice eaters. What they all had in common was that they ate real, unprocessed foods. However,

populations that eat a lot of refined carbohydrates and processed foods tend to be sick and unhealthy. Humans have been eating carbs since long before the obesity epidemic, and there are many examples of populations that have remained in excellent health while eating diets high in carbs. Many low-carbers claim that carbs are not an essential nutrient. This is technically true. The body can function without a single gram of carbohydrate in the diet. It is a myth that the brain needs grams of carbohydrate per day. These are made out of fats. Additionally, the body can produce the little glucose the brain needs via a process called gluconeogenesis. Many carb-containing foods are healthy and nutritious, such as vegetables and fruits. These foods have all sorts of beneficial compounds and provide a variety of health benefits. Carbohydrates are not an "essential" nutrient. However, many carb-rich plant foods are loaded with beneficial nutrients, so avoiding them is a bad idea. **How to Make the Right Choices** As a general rule, carbohydrates that are in their natural, fiber-rich form are healthy, while those that have been stripped of their fiber are not. With this in mind, it is possible to categorize most carbs as either "good" or "bad" - but keep in mind that these are just general guidelines. Things are rarely ever black and white in nutrition.

### 6: + Low Carb Foods for Atkins 20, Phase 1 | Atkins

*Each medium banana contains about 36 grams of good carbs: Their low glycemic index means carbs are slowly released into your body, preventing sugar crashes and spurring the process of muscle recovery.*

Two types of carbohydrates exist: Foods rich in complex or "good" carbohydrates take time to break down into glucose, while foods high in simple or "bad" carbohydrates convert to glucose very quickly. Whole-Grain Products Whole-grain products such as brown rice, whole-grain pasta, beans, whole wheat bread, whole oats, buckwheat, millet, whole rye, whole-grain barley and whole-grain corn are considered good carbohydrates. These foods are rich in fiber, vitamins, minerals and phytonutrients that are beneficial to your health. Also, they have a low glycemic index because they cause a slower change in blood sugar levels. Diets rich in high glycemic index foods cause a rapid rise in blood glucose levels, thereby increasing the risk for diabetes and heart disease. By contrast, foods with a low glycemic index help you achieve a more stable blood sugar and improve weight loss and control Type 2 diabetes. Fruits, Vegetables and Legumes Fruits and vegetables are loaded with vitamins, nutrients and carbohydrates. People who consume about 2, calories per day should eat 2 cups of fruit and 2. Legumes such as beans, peas and lentils are high in fiber, carbohydrates and protein and low in fat. Legumes may decrease the risk of cardiovascular disease, Type 2 diabetes and prostate cancer, reports the Linus Pauling Institute. Refined Grains, Sweets and Biscuits Refined grains such as white bread, pizza crust, pretzels, hamburger buns and megamuffins are bad carbohydrates. During the refining process, these grains are stripped of B-vitamins, fiber and certain minerals. In addition, they also have a high glycemic index, negatively affecting blood sugar levels. Other examples of bad carbohydrates include chips, cookies, sodas, bagels, cake, pastries, pancakes, soda, high fructose corn syrup and baked goods. These foods are low in nutrient density as they have little or no nutritional value and supply a large amount of calories. According to researchers at Yale University, bad carbohydrates such as sweets and biscuits cause falls in blood sugar, affecting the part of the brain that controls impulse. This leads to a loss of self-control and a desire for unhealthy, high-calorie foods. A diet high in calories contributes to weight gain, which increases the risk for developing Type 2 diabetes. Suggestions Include beans in your diet as they are a good source of protein and slowly digested carbohydrates. Harvard School of Public Health suggests eating whole wheat or whole oats for breakfast, using whole-grain breads for lunch or snacks and trying brown rice, wheatberries or millet with dinner. In this way, you can add more good carbohydrates to your diet.

### 7: List of Good Carbs and Bad Carbs | LoveToKnow

*Carbs Encourage Weight Loss Studies show that consuming carbohydrates high in fiber promotes weight loss as well as maintenance of a healthy weight. Complex carbohydrates rich in dietary fiber remain in the stomach longer, slowing down and promoting digestion, and keeping us satiated for longer.*

Bottom Line Eating fewer carbs can have impressive health benefits. It has been shown to significantly reduce hunger levels, which tends to lead to automatic weight loss, without the need for calorie counting 1 , 2. At least 23 studies have found that low-carb diets can cause up to 2-3 times more weight loss than low-fat diets 3 , 4. Simply base your diet around real foods that are low in carbs to lose weight and improve your health. Here are 44 low-carb foods, most of which are healthy, nutritious and incredibly delicious. Total Carbs vs Net Carbs The carb content for a standard serving and the number of carbs in a gram portion are listed at the end of each chapter. However, keep in mind that some of these foods are high in fiber, which may lower the digestible net carb content even further. Eggs and all types of meat are close to zero carb. Eggs Almost Zero Eggs are among the healthiest and most nutritious foods on the planet. Beef Zero Beef is highly satiating and loaded with important nutrients like iron and vitamin B There are dozens of different types of beef , from ribeye steak to ground beef to hamburger. Lamb Zero Like beef, lamb contains many beneficial nutrients, including iron and vitamin B Lamb is often grass-fed, and tends to be high in the beneficial fatty acid conjugated linoleic acid CLA Pork, Including Bacon Usually Zero Pork is another delicious type of meat, and bacon is a favorite of many low-carb dieters. Bacon is a processed meat, and therefore definitely not a health food. Try to buy your bacon locally, without artificial ingredients, and make sure not to burn it during cooking. Jerky Usually Zero Jerky is meat that has been cut into strips and dried. However, keep in mind that a lot of the jerky available at stores is highly processed and unhealthy. Your best bet is to make your own. Depends on the type.

### 8: Good vs. Bad Carbohydrates: Know the Difference | Everyday Health

*While low-carb diets tend to shun sweeter fruits, like bananas and mangoes, these are actually a great source of quick energy. as well as a good dose of fiber - 4 grams in a medium potato.*

### 9: Lose Weight By Only Eating These Specific Carbs - The Science Of Eating

*The idea behind carb cycling is centered around consuming more good carbs on specific days of the week and then on other days dialing back on the good, unprocessed carbs. Some experts in the nutritional science field suggest that this cyclical carb food approach can assist in accelerating weight loss quicker.*

## LIST OF GOOD CARBS pdf

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