Title:
All Calories Are Not Created Equal

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542

Summary:
Eat less fat. Eat more fat. Carbs are bad. Carbs are good.

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But when it comes it calories, the advice to consume fewer of them seems set in stone. After a

Wrong.

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Keywords:
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As it turns out, it isn't the amount of calories you consume that really affects your weight a

It's true-the calories you eat are actually absorbed at different rates. And the different amo

As you can see, food isn't just a source of energy-it's a source of operating instructions for

Calories 101

So what is a calorie anyway? Simply put, a calorie is just a unit of energy. When we eat food,

It's like your car: You have to put fuel in it to make it run. For people, food is our fuel. C

The Dieting Myth

Just like high quality fuel is better for your car than the cheap stuff, some calories are bet

For example, recent studies show that high-carb diets can boost insulin and blood sugar levels

As you can see, the kinds of calories you consume can have a big impact on weight gain, becaus

No wonder you can feel like you're doing everything right and still not lose weight!

The Whole Truth

If you want to lose weight and be healthy, you have to send your body the right messages. That

This means different things for different people. Depending on our genes, some of us may need

But there's one basic principle that works of everyone: Base your diet on whole, unprocessed f