

Title:

Carbohydrates: Why Size Matters

Word Count:

987

Summary:

If I collected a dime for each time I've seen or heard the word ^carbohydrate~ - or picked up

In this article, I'll make my best attempt to unveil the mystery of the carbohydrate - and why

Keywords:

diet, wellness, weight loss

Article Body:

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Basic Chemistry:

First the boring stuff. The basic chemistry of a carbohydrate. I'll keep it brief: Carbohydrat

Why Are Carbs Useful?

Before we take a look at the different ^sizes~ of carbohydrates, let's look at why they are us

The Three Principal Carbs Found In Foods:

Next let's take a look at the three basic carbohydrates found in foods (Still boring but stay

Simple Sugars come in two varieties. The monosaccharide (meaning one sugar) are quickly digest

The second, disaccharides, act in almost the same way and are one molecule larger. The disacch

The second basic type of carbs are the starches or what we would consider complex carbs (the p

Finally, there's the fibers (think bran). Fibers don't have a lot of energetic value, however,

Why Size Matters

The theory behind a low carbohydrate diets is, when the body consumes too many carbohydrates t

When the body ingests a carbohydrate, it aims to convert it to glucose as soon as it can, so t

Yet, what if there was a way to outsmart this system by using the different ^sizes~ of carbohy

Enter the glycemic index. The glycemic index is a scale which tells you (on a food-by-food bas

First used by diabetics to prevent flux in blood sugar, the glycemic index (GI) has become a p

Here's what the scale looks like:

Low GI = 55 or less

Medium GI = 56 - 69

High GI = 70 or more

To see a chart with samples of some favorite foods visit: <http://thecompounder.com/GlycemicInd>

How Is The GI Helpful?

If weight loss or weight maintenance is your goal (isn't it everyone's?), creating a diet arou

Higher glycemic foods can be useful, too, and are considered the ^recovery~ foods. Medium and

Because metabolism varies from person to person, it would be well worth your time and effort to

Where To Get This Information?

You can get the skinny on the glycemic indexes of all your favorite carbohydrate foods. Check

In closing, here's a few guidelines to help you put your carbs to good use:

\*Aim to eat several small meals during the day. Choose one serving of carbs for each, preferably

\*When in doubt choose carbohydrates that are naturally occurring such as vegetables and fruits

\*Minimize refined sugars whenever possible.

\*When consuming breads aim for wheat instead of white.

\*Try to substitute white potatoes with sweet and substitute brown rice for white.

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