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The Truth about Carbs, Protein &Fat

In considering the average person's diet, we need to talk about three main components: carbohydrates, protein and fat. Where a food falls in these categories, called macronutrients, is dependant on each ingredient'score components and, subsequently, what effect they have on the body.

Simple vs.Complex Carbs

There are two types of carbs, separated based on the effect they have on your body. The simple carbs, commonly referred to as the bad carbs, are digested rather easily. These are your sweets like candies, cakes, cookies and pies. They're also your salty snacks like pretzels, chips and crackers. Anything with white sugar or white flour belongs in this category.

When your body digests food, it sends whatever it breaks the food down directly into your cells and blood stream. Carbohydrates are broken down into glucose, which is a type ofsugar.

So, the problem with simple carbohydrates is that they are processed so quickly by your body that it creates a surge of blood sugar. That's why you feel so good when you eat them. It creates that sugar high feeling.

You may think that that is good, but the high is quickly followed by a crash. Your body produces insulin in an attempt to lower your blood sugar. Because it surged so quickly, your body often produces too much and overcompensates, leaving it lower than before, which causes you to feel lethargic and moody.

Your body doesn't like to feel down like that and cravesanother high. It wants to have energy and feel good. So, in order to chase that experience, it makes you want more simple carbs.

It can't rationalize that they're bad in the long run. Your brain and body just feel that blood sugar levels are too low, and they want another spike. Thus, the cycle of cravings begins.

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