

Carbohydrates

This is a hot topic at the moment, because carbohydrates are in the bad books when it comes to nutrition and weight loss. The problem when science such as this arises is, it can be taken a step too far, and people do things like cut out carbs altogether, which is detrimental to overall health. What a lot of people don't realize is that carbohydrates can be extremely healthy, and are found in foods like fruits and starchy vegetables, as well as the more recognizable sources, like grains and bread. Carbs are essential because they are a primary source of energy, helping the brain, central nervous system, kidneys and muscles to function. There are two carbohydrate categories – complex and simple. Complex carbohydrates like whole grains (for example, buckwheat, brown rice and freekeh) and vegetables are better than simple carbs, which you get from anything sugary, including white bread. Vegetables, fruits and whole grains are full of fiber, which reduce the risk of coronary heart disease, while maintaining normal blood glucose levels, lessening the likelihood of sugar crashes and food cravings.

