

Week 3

White *OUT*

Carbohydrates 15-20 grams = 1 serving

Complex or Simple

Your body can only process 3-4 servings per meal/snack. Any excess is processed as fat, increasing your Triglycerides and weight!

The Good (Complex)

- Takes longer to digest
- Provides slower and more sustained release of energy
 - More stable energy levels
- Contributes to long term good health and appetite control.

Examples:

- Cruciferous vegetables (see below)
- Whole grain bread
- Oatmeal (avoid instant, it's usually full of sugar and sodium)
- Legumes
- Whole grain pasta

VS.

The Bad (Simple)

- Glucose is released faster into the blood (digests rapidly)
- Causes peaks and drops in blood sugar
 - Less stable energy levels
- Very few vitamins and minerals

Examples:

- Biscuits
- Pizza
- Sugary cereal
- Soft drinks
- White bread
- Candy

Weight *DOWN*

When you are actively trying to lose weight, (especially fat) focus on the *type of carbohydrates* you are consuming such as broccoli, Brussels sprouts, cabbage, kale, asparagus, bok choy and collard greens. These are all cruciferous vegetables that are filling and full of fiber and other nutrients.

Fiber is a very important nutrient for weight loss and maintenance because it keeps you feeling full and helps control hunger pangs. Fiber can also lower cholesterol and blood pressure and help to temper blood sugars by slowing the absorption of carbohydrates into your bloodstream after meals. This lowers your risk of cardiovascular disease and type 2 diabetes.

