

Carbohydrates

eat them, mostly all complex, go!

Mostly vilified, often confused and sometimes ignored, carbohydrates get a makeover in this primer: eat them, mostly complex, GO!

Back to Basics – The Facts

- Carbohydrates (“Carbs”) are an energy source in food that comes from starch, sugar and cellulose. Thus, carbs provide you fiber, vitamins, minerals and antioxidants. However, there are two types of carbohydrates – simple and complex – and the difference between the two matters a lot.
- Both types of carbohydrates (“carbs”) - simple and complex - turn to glucose (blood sugar) in the body and are used as energy.
- Too many **simple** carbs are bad.
- Lots of **complex** carbs are good (very good) for you!

Welcome to Fit Chicks!, the fitness and nutrition studio for dedicated women

Our 3-Step Approach to YOUR Healthy and Happy

Fitness

Nutrition

Well-being



“Cut the C.R.A.P. We’re cutting back, and eliminating, carbonated drinks, refined sugars, alcohol, artificial sweeteners and processed foods!” - the Fit Chicks! Team

Carb Basics (continued from page 1)

- **Simple carbs** are comprised of only one or two of this macronutrient's components and often are refined - **stripped** of their fiber, bran, germ and nutrients.
- **Complex carbs** are comprised of three or more long chains linked together and contain more nutrients, thus they are satisfying and 1) provide energy, 2) spare protein/muscle; 3) maintain digestive health, and 4) stimulates growth of good bacteria
- Carbs **fuel** your brain and muscles.
- Carbs can make up 45-65% of a woman's Master Meal Plan when simple carbs (stripped, refined, and enriched) are eliminated or drastically reduced
- On a **Nutrition Label** carbohydrates may be divided into fiber, dietary fiber, sugar, sugar added, sugar alcohol, other carbohydrates



"Would your great-great grandmother recognize that as food? NO. Then stop eating it!"

-
Michael Pollan

Stop Supporting Strippers!!!



Think
STRIPPED!

when you read
"enriched" or
"refined"

The problem: packages that tout "ENRICHED with..." or "REFINED to be..." sound good, healthier and right. However, most of the time enriched and refined packaged foods are stripped of the goodness and may be causing you health issue or weight gain.

Enriched flour is flour in which most of the natural vitamins and minerals have been extracted (or STRIPPED away). This is done in order to give bread a finer texture and increase shelf life. When the bran and the germ (the parts of the wheat that contain fiber and nutrients, vitamins and minerals) are removed, your body absorbs wheat differently

Refined grains have been milled, a process that removes (or STRIPS away) the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are flours (pastry, white multigrain) whites bread, pasta, rice.

See how often "enriched" and "refines" appear on the packages you buy of bake and box goods, in dairy products and sweets.

Fit Chicks! 4-Point Plan for Enjoying Carbs Everyday

#1 Eat Complex Carbs: Pick breads, potatoes, legumes, pasta, vegetables, fruits and grains, just keep them whole, minimally processed and close to the 5:1 Rule

#2 Read the Entire Nutrition Label: Ignore the front of the package and the “health” claims. Instead a) avoid enriched and refined ingredients; b) check the 5:1 Rule; and c) make your own “packaged” snacks like energy balls, granola, and flavorful breakfast oatmeal

#3 Watch Your Serving Size: Half a cup, even 3/4 cup, and 1 slice, 5 crackers, or 28 oz, are not a lot of food! These are the standard serving size for carbohydrates – complex or simple.

#4 Learn Great Tasting Recipes: Complex carbs like hulled barley, acorn squash, radish, yellow lentils, and even grapefruit deserve a delicious preparation, just like your beef and chicken. Hearty carbs need seasonings, appropriate cooking techniques and recipes. Get them!



Whole Root Veg, Spaghetti Squash “Pasta” and Stir Fry with 5:1 Grains

Resources:

The Basics of Cooking Everything by Mark Britton

Vegan Everyday by American’s Test Kitchen for vegetable recipes

Sugar Craving Playbook (handout)

Minimalist Bakery (blog)

Now it’s Treat Time Food Rule: Occasionally enjoy sweet, starchy food



The 5:1 Rule (a Game Changer)

As fiber intake goes up, the risk of metabolic syndrome appears to go down: less inflammation and an apparent step-wise drop in obesity risk.

And so, no surprise, perhaps, that greater dietary fiber intake is associated with a lower risk of heart disease. A 9% lower risk for every additional 7 g/day of total fiber consumed. That’s just like some rice and beans or a few servings of fruits and vegetables.

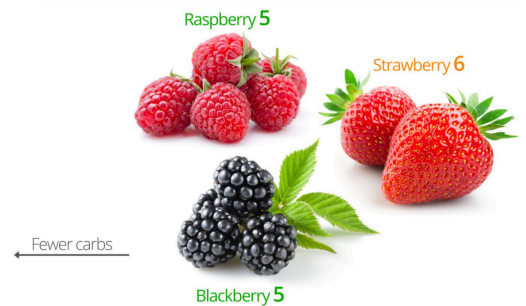
How does fiber do its magic? What are the mechanisms by which dietary fiber may extend our lifespan? It helps get rid of excess bile, feeds our good bacteria, changes our gut hormones, which collectively helps control our cholesterol, and body weight, blood sugar, and blood pressure, which reduces the risk for cardiovascular disease. Reducing inflammation is a whole 'nother mechanism by which fiber may help prevent chronic disease.

If we do buy something packaged, the first word in the ingredients list should be “whole,” but then, the rest of the ingredients could be junk; so, a second strategy is to look at the ratio of grams of carbohydrates to grams of dietary fiber. We’re looking for about five to one or less. So, for example, whole wheat Wonder Bread passes the first test: first word is whole, but then it’s like corn syrup and a chemistry set. Let’s see if it passes the five to one rule? What you do is divide the carbohydrates by the dietary fiber. 20 divided by 2.7 is about 7, that’s more than five, so goes back on the shelf. Better than white, though, which clocks in at over 18. Here’s one that makes the cut. 15 divided by three equals five.

You can do the same thing with breakfast cereal. Multi-Grain Cheerios. Sounds healthy, but has a ratio over 7. And then, it just goes downhill from there.

Get why fiber matters and how eating it will help you incorporate the best carbohydrates into your Master Meal Plan, reduce those uncomfortable digestive issues, protect your mental wellness, improve your cholesterol and heart health, and lose weight?

Source: Dr. Michael Greger



So, what about fruit?

Yes, fruit is a simple carbohydrate, but it can act like a complex carbs when the right type and quantity are included in your master meal plan.

Fruits contain a significant amount of sugar, and also fiber. This is how, this simple carbohydrate act more like a complex carb in the body (say versus candy, cookies, and fruit juice and snacks).

Best Fruits

Kiwi

Berries

Apples



NutritionFacts.org

3 Essential Benefits of Carbs – *Beyond Fiber*

1. **B Vitamins** are important for garnering energy from the foods you eat, and because complex carbohydrates offer energy, many choices also contain B vitamins. An adequate intake of B vitamins also supports nervous system function and the production of red blood cells. Good options include wheat, oats, beans and peas.
2. Many types of fruit and starchy vegetables are good sources of complex carbohydrates and **vitamins A and C**. Getting adequate amounts of both vitamins is associated with a healthy immune system, promotes wound healing, supports the health of your teeth and gums, and plays a role in reproduction and vision. In addition, both nutrients are antioxidants, which are plant compounds that prevent cell damage that occurs when you are exposed to environmental toxins, damage that contributes to health problems such as cancer. Incorporating a variety of fruits and vegetables is the best way to ensure that you are getting enough of many nutrients, including vitamins A and C.
3. **Iron** is found in several complex-carbohydrate foods, and a deficiency in this nutrient may result in anemia, which produces symptoms that include weakness and fatigue. Your body uses iron to transport oxygen through your blood for delivery to various organs that rely on it for efficient operation. It is also involved with cell production and immunity. Complex-carbohydrate foods that are good choices of iron include fortified cereal, oatmeal, beans and whole-wheat bread. Combining iron-rich foods with those that contain vitamin C enhances the amount of iron your body is able to absorb. For example, eating a bowl of oatmeal with an orange increases the amount of iron available for your body to use when compared to eating just the oatmeal.

Beware of LOW CARB Diets

Each year there's another version of a low-carb diet hitting the market. Hopefully we will get passed the hype soon because there are some serious downsides of this imbalanced approach to healthy and happy eating. If your suffering from raging diabetes, metabolic disease or multiple sclerosis, it may be appropriate to count carbs, otherwise these diets do more harm, period. Here are a few side effects of low carb meal plans:

1. **Bad Breath** – "Carbohydrates aren't readily available, so you start to use other fats and proteins as your source of energy, and as a result you are going to get a breath problem," explains Kenneth Burrell, DDS, the senior director of the council on scientific affairs of the American Dental Association.
2. **You Pick – Diarrhea or Constipation** - If your suffering from raging diabetes, metabolic disease or multiple sclerosis, it may be appropriate to count carbs, otherwise these diets do more harm, period.
3. **Aggravates Your Depression and PMS Issues** – There are a host of diet plans available claiming to promote rapid weight loss. A low-carb diet is a popular diet plan in which only 15 to 20 percent of your calories come from carbs and the rest come from fats and proteins. (ref 1, sec 2) You may be drawn to this diet if you like protein-rich foods, but like any other diet, a low-carb one has its pitfalls. Carbs, found in grains, fruits, vegetables and dairy products, are a key energy source for your brain and body. Without sufficient carbs, your brain won't be able to produce enough feel-good hormones and you may suffer from nutritional deficiencies that are linked to depression. Keep tabs on the foods you eat and how they affect your mood and consult with your physician or registered dietitian before embarking on a low-carb diet. Except fatigue, weakness and headache

Ladies, Let's Talk About Gas

Beans have been christened the musical fruit, but could it just be a lot of hot air? A randomized controlled crossover study concluded, "people's concerns about excessive flatulence from eating beans may be exaggerated."

Noting that "An increasing body of research and the 2010 Dietary Guidelines for Americans supports the benefits of a plant-based diet, and legumes specifically, in the reduction of chronic disease risks," they started people on pinto beans, black-eyed peas, or vegetarian baked (navy) beans. During the first week, 35% reported increased flatulence but that fell to 15% by week three, 5% by week five, and 3% by week eight. Much of the bad rap for beans grew out of short-term studies in the 60's **that didn't account for our body's ability to adapt.**

Long-term, most people bulking up on high-fiber foods **do not** appear to have significantly increased problems with gas. In the beginning, though, "A little bit of extra flatulence," reads the *Harvard Health Letter*, "could be an indication that you're eating the way you should!" The buoyancy of floating stools from trapped gasses can in fact be seen as a sign of adequate fiber intake. The indigestible sugars in beans that make it down to our colon may even function as prebiotics to feed our good bacteria and make for a healthier colon.

Even if at first they make us gassy, beans are so health-promoting that we should experiment with ways to keep them in our diet at all costs. Lentils, split peas and canned beans tend to be less gas-producing. Tofu usually isn't an offender. Repeated soakings of dried beans and tossing the cooking water may help if you boil your own. Worse comes to worst, there are cheap supplements that contain alpha-galactosidase, an enzyme shown to break up the bean sugars and take the sail out of your wind #Beano®

More suggestions: avoid navy, dark red bean; soak and rinse legumes, start with ½ cup servings



How Many Carbs Per Day in Fit Chicks! Nutrition Program?

45% - 65% of a healthy and happy diet are CARBS (mostly all complex)

Strength: 130-245 grams - Weight Loss of over 25 pounds: 90-130 grams - Weight

Maintenance: 150 – 300 grams

Top 75 Complex Carbs List and Other GREAT Whole Foods

Cruciferous Vegetables

1. Leafy greens: watercress, arugula
2. Cabbage: green, purple, napa, bok choy
3. Greens: collards, mustard, turnups
4. Asparagus
5. Broccoli
6. Cauliflower
7. Kale
8. Brussel sprouts
9. Radish
10. Rutabaga

Vegetables

11. Snow peas
12. Sugar snap peas
13. Acorn squash
14. Carrots
15. Parsnips
16. Golden beets
17. Red beets
18. Artichokes
19. Edamame

Grains

20. Wheat berry (hard)
21. Barley (hulled, pearl)
22. Bulgar wheat
23. Whole wheat
24. Buckwheat
25. Farro

Legumes (Beans, Peas and Lentils)

26. Chickpeas (garbonzo beans)
27. Black beans
28. Dark red kidney beans
29. Light red kidney beans
30. Great northern beans
31. Navy beans
32. Cannellini (white kidney beans)
33. Pinto beans
34. Refried beans
35. Mung beans
36. French petite
37. Whole lentils: brown, green, black lentils
38. Lima beans
39. Hummus
40. Peas

41. Split Lentils: green, red, yellow
42. Lima beans

Just Eat More

43. Mushrooms
44. Spinach
45. Green beans
46. Bell peppers
47. Peppers (yellow, orange, red)
48. Butternut squash
49. Spaghetti squash
50. Zucchini squash
51. Yellow squash
52. Pumpkin
53. Celery (*organic-only*)

Seeds/Nuts

54. Flax (ground only)
55. Pumpkin
56. Chia
57. Hemp heart

Starchy Complex Vegetables

58. Russet potato
59. Sweet potato
60. Yams
61. Corn – popcorn, no sugar added

Best "Complex" Fruits*

62. Strawberry
63. Blackberry
64. Blueberry
65. Apples
66. Oranges
67. Grapefruit
68. Kiwi
69. Avocado

Starchy Complex Grains*

70. Rice: brown, wild
71. Quinoa (red, black, white)
72. Kashi
73. Buckwheat (goats)
74. Oatmeal (old fashion, steel cut)
75. WATER, okay this is not a food, but you get the point...

*Sugar Cravings Have You Hooked?
Ask us for ideas*

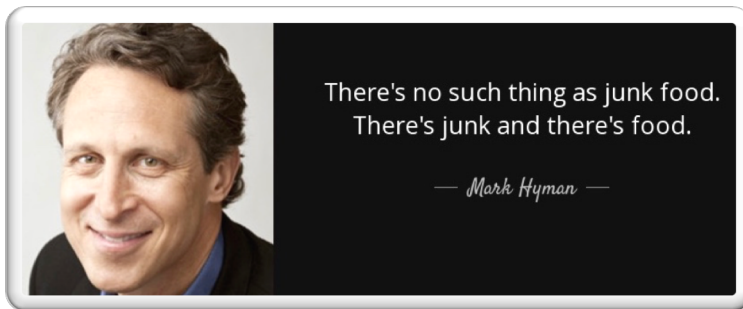
Where are you now?

1. How many servings of vegetables do you eat most weeks?

2. How many servings of whole grains do you eat most weeks?

3. How many servings of beans or lentils do you eat most weeks?

4. How many servings of fruit do you eat most weeks?



Next Steps

1. Read this primer thoroughly
2. Watch Dr. Greger's video How Not to Die for nutrition facts and science-based information

Link: <https://nutritionfacts.org>

Complete another draft of your Master Meal Plan. Use the Protein Counter, the Clean Eating Manifesto and this Carbohydrate Primer handout to help.

3. Send in your Master Meal Plan. We want to make a copy of it.
4. Schedule a One-on-One Nutrition Consult with us.
5. Complete the Habit Building Activity on Page 9

4-Steps To Creating a Lifestyle

Start small

Aim to make just two or three small diet changes in the weeks to follow (one goal per week) rather than trying to radically overhaul your eating habits. The gradual approach is a set-up for success because it's not overwhelming and removes the pressure. Even though you're setting mini goals, you can often get lots of mileage out of them. By eating three servings of beans or consuming fewer stripped foods, for example, you'll automatically reduce the number of calories you're taking in, slash your simple carbs and improve your gut health

Be realistic, heroics not helpful

Start from where you are now and try to improve. If, according to your food diary, for example, eating enriched flour products (wraps, bread, cereal), swap one of them for a complex carb, real fiber full food product. Or do the MIX, combine whole wheat pasta with the simple, white variety until you are using all whole wheat pasta and adding veggies like peas or spinach

Set specific, behavior-driven goals

Specific, short-term, behavioral goals are more motivating and easier to measure than general, long-term, end-result goals. Instead of, "I want to lose 10 pounds by my birthday," for example, a specific, behavior-driven goal would be, "I'll have a salad for lunch each day." Instead of, "I'll stop snacking," make it your goal to set out an orange or carrot and hummus for your afternoon snack. Behavior-driven goals are easier to achieve because they focus on one step toward a result that can take months to accomplish.

Reward yourself - the critical step!

Each week, when you reach your behavior-driven goal, you earn an opportunity to celebrate personal achievement, which helps maintain motivation. At the end of each week, assess your progress and reward yourself for the small changes you made; for instance, you might treat yourself to a movie or email us to

celebrate. Moving in the right direction deserves some acknowledgment to encourage you to continue the positive, healthful behavior change. This is the critical step that transforms your willpower into a habit that lead to being healthy and happy for a lifetime

Activity: Write a goal, just remember to state your goals throughout your journey as "I will ..." It's a more powerful proclamation than "I want to ..." or "I'd like to ..."

What specific goals would you like to set? List three goals for changes you'd like to make in your nutrition program in the coming weeks.

I will ...

1. _____
2. _____
3. _____

Activity: What specific rewards or acknowledgements would you like to give yourself as you meet your goals?

As I achieve my goals and milestones, I will celebrate myself by...

1. _____
2. _____
3. _____



Should You Avoid Carbs To Lose Weight?

Still concerned that a carbohydrates-rich diet will upend your weight loss goals? Consider this: The most comprehensive study of long-term weight loss success ever conducted, the on-going National Weight Control Registry, has found that vast majority of its 8,000 members eat a diet based on whole and minimally processed foods like vegetables, whole grains, fruit and legumes (not 270 calories, packaged "health" bars or meal plans heavy with protein and saturated fat)

"I'm excited about my diet, because it's not another diet" – Rita Z

Sources:

- 1. How Not To Die (book)***
- 2. The End to Overeating (book)***
- 3. In Defense of Food (book)***
- 4. NutritionFacts.org (website, podcast)***
- 5. WebMD.com (website)***
- 6. Cleveland Clinic (website)***
- 7. Mayo Clinic (website)***
- 8. Tosca Reno***
- 9. Dr. Andrew Weil***
- 10. Clean Eating Magazine***
- 11. Cooking Light Magazine***
- 12. Milk Street Radio (podcast)***

Fit Chicks!

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