

Weight Loss & Wellness

STEP 4

SIMPLE & COMPLEX
CARBOHYDRATES



*6 Pack Abs are made in the kitchen,
not the Gym*

-Dr. Matthew Kulka

CARBOHYDRATES

The bodies main source of fuel

While demonized by some diets, carbohydrates give our bodies the energy it needs to function. As a result, carbs are an essential macronutrient and a major source of calories for most people. But how does our body use the carbs we take in? And what does it do with the extra carbs we ingest?

Our bodies consist of cells primarily dependent on glucose (a carb) for fuel. The liver stores carbs and releases them into the blood when glucose levels are low. The body breaks down fat for energy after the liver is depleted of carbs. While limiting carbs can help you lose weight, we do need them so choosing the right carbs is most important.

Three types of carbohydrates

Simple Carbs (Glucose / Fructose)

The body metabolizes simple carbs instantly, providing calories (fuel) with little nutrients. Examples include white bread, non-diet soda, candy, ice cream, table sugar, high fructose corn syrup, and baked goods made with white flour.

Starches / Complex Carbs (Whole Grains, & Other Plant-Based Carbs)

Complex carbs are packed full of nutrients and considered bulkier—meaning the body takes longer to break them down. As a result, complex carbs help you feel full. Plant-based foods such as lentils, beans, quinoa, oats, and most fruits and veggies are complex carbs.

Next: Carbs - Continued ►



CARBOHYDRATES (Cont)

Fiber

Fiber contains minimal calories, aids in gut health, and helps us feel full by adding bulk to our meals. A high-fiber diet of whole grains has been shown to reduce the risk of coronary heart disease, colon cancer, and diabetes and lowers cholesterol.

Consuming the Right Carbs

Bulkier carbs, such as complex carbs, contain fewer calories than simple carbs, help you feel fuller faster, and contain thousands of phytonutrients, which activate vitamins and minerals inside the body. On the other hand, simple carbs are densely packed with sugar and contain more calories.

However, eating simple carbs will make your body/brain crave more carbs and not feel as satiated, causing you to eat more.

Do

- ✓ Consume complex carbs full of nutrients
- ✓ Read labels to compare serving sizes and count grams of added sugar
- ✓ Look for foods with lots of fiber.

Don't

- ✗ Eat simple carbs with no nutrients
- ✗ Eat more than 1-2 grams of added sugar per serving

Next: Carbs - Review ►



Reviewing Your Steps

Step 3

- Calculate your personal Metabolic Rate.
- Consume 300 fewer calories to create a caloric deficit = Daily Caloric Goal.
- Strive to move your body for 30 minutes everyday.
- Adjust your daily caloric goal for physical activity.

Step 2

- Being prepared.
- Plan all meals and snacks at least one day ahead.
- Plan today what you will eat tomorrow.

Step 1

- Stay on track with Time-restricted eating.
- Leave at least 3-4 hours from dinner until lying down to sleep.
- No snacks after dinner. Not even fruit or veggies. Water is ok.
- Eat for 10-12 hours per day. Fast for 12-14 hours overnight.

Remember

- Keep wearing your green wrist band for motivation.
- This is a process. It takes time to adjust to new things. Be patient.
- Consistency is key. Do your best to stay on track each and every day.

