

Truth behind Low Carb diets



Carbohydrates have gotten a bad strike, but all carbs are not created equal. Processed or refined carbs, such as white bread, white pasta, or white rice, are the bad carbs because during processing, lots of good vitamins, minerals, and fiber are stripped from the outside of rice, wheat, or other grains. Add to it that CHOs contain lots of vitamins and minerals, therefore instead of banning all carbs, put vegetables, whole grains (like brown rice or whole wheat bread), or fruits on your plate -- these are carbs, too, the healthy kind.



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