



Low - Carb Options to Lose Weight

By Matt Brzycki

The latest craze over low-carbohydrate diets is so prevalent that even someone stranded on uncharted island in the middle of nowhere might have heard of it. Naturally, the widespread panic over carbohydrates has spawned numerous misconceptions. In order to set the record straight, here is a look at some of the most common questions that are asked about carbohydrates.

Q: What are carbohydrates?

A: Carbohydrates - or "carbs" - are a macronutrient, meaning that they

are needed in relatively large quantities. In brief, carbohydrates can be classified as either "simple" (which are sugars such as table sugar and honey) or "complex" (which are starches such as bread).

Q: Are some carbohydrates better than others?

A: *Absolutely. The fact is that all carbohydrates are not created equal. A source of high carbohydrates is a banana . . . but so is a soda. Carbohydrates that are more nutritious include fruits, vegetables and whole grains; they are full of vitamins and fiber. Carbohydrates that are less nutritious include processed foods such as cakes, cookies and muffins*