



# Carbs

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What's the big deal?!?



# What are carbs?

A macronutrient, the body's preferred fuel source



The sugars, starches and fibers found in fruits, grains, vegetables and milk products.

Though often maligned in trendy diets, carbohydrates – one of the basic food groups – are important to a healthy diet.

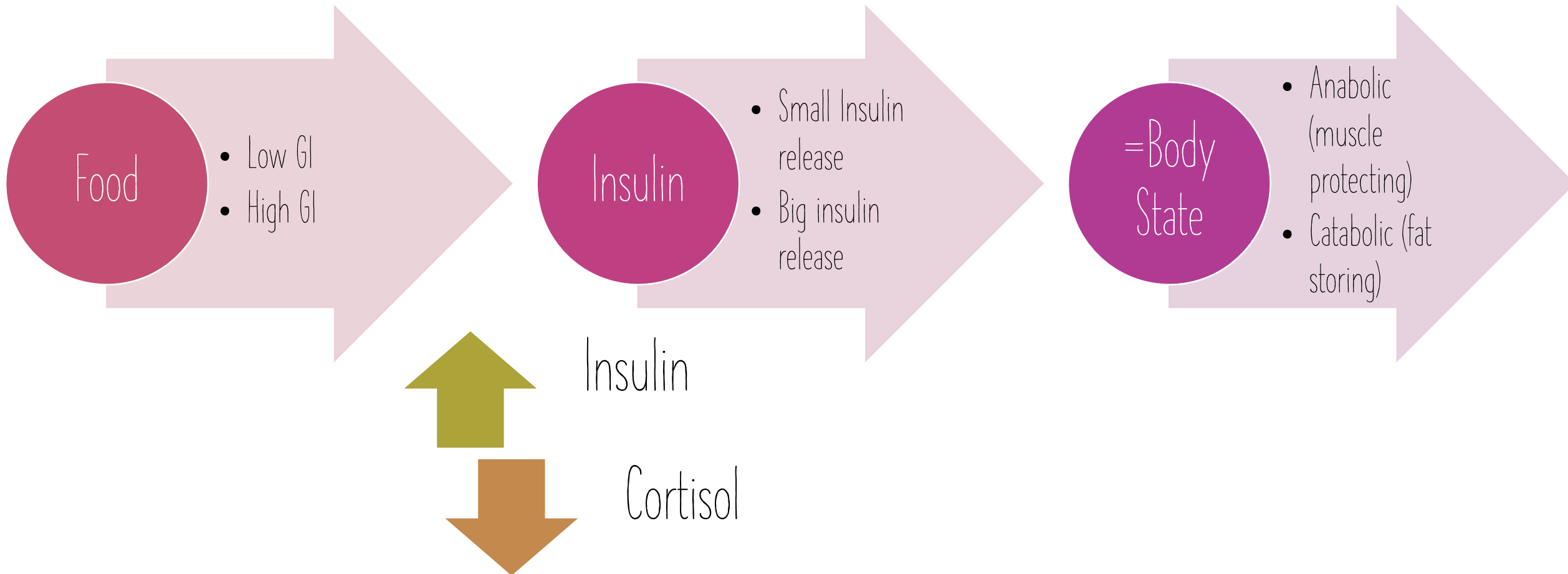
# What's the Glycemic Index?

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- The Glycemic Index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels. Carbohydrates with a low GI value (55 or less) are more slowly digested, absorbed and metabolized and cause a lower and slower rise in blood glucose and, therefore insulin levels.

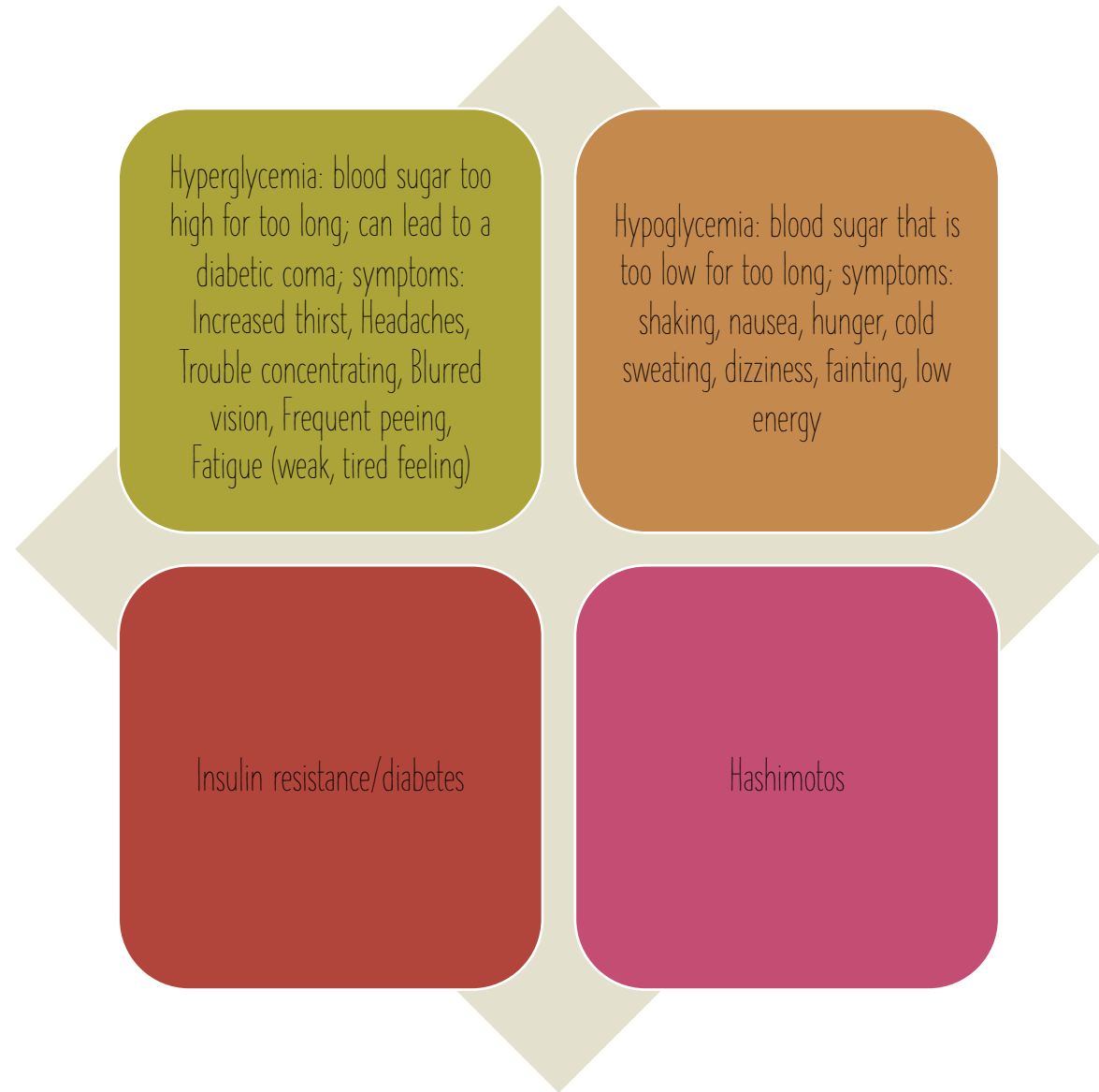
# Insulin

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# Blood Sugar





# HASHIMOTO'S DISEASE



**Enlargement of the Tongue**



**Pale, Dry Skin**



**Excessive or Prolonged Menstrual Bleeding**



**Muscle Aches, Weakness, Tenderness and Stiffness**



**Memory Lapses Depression**



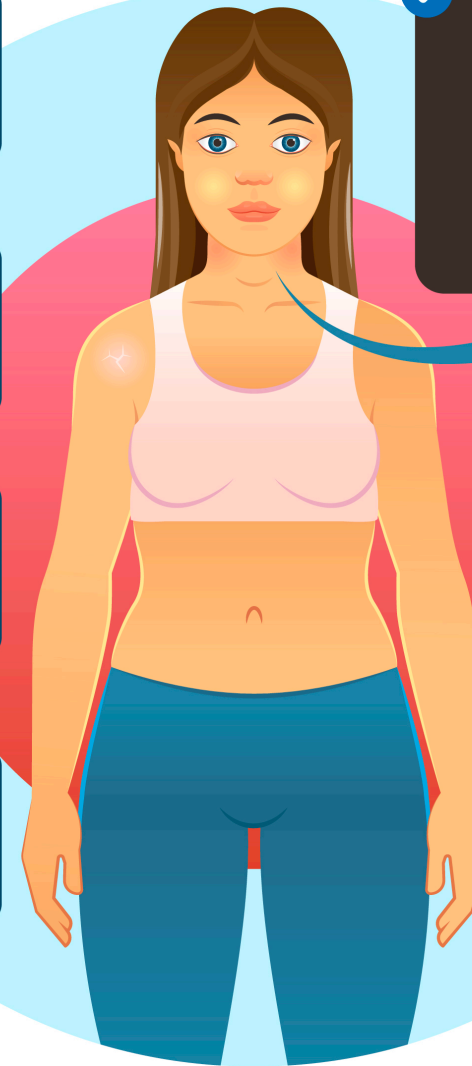
**Goiter  
A puffy Face  
Brittle Nails  
Hair Loss**



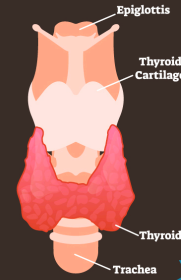
**Joint Pain and Stiffness**



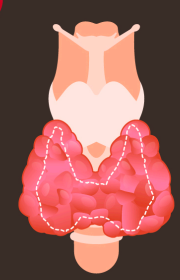
**Constipation**



**Normal Thyroid**



**Hashimoto's Disease**



**Enlarged and Inflamed Underactive Thyroid (Goiter)**

**Hashimoto's Disease, is an Autoimmune Disease in Which the Thyroid Gland is Gradually Destroyed**



**Fatigue and Sluggishness**

**Increased Sensitivity to Cold**

**Unexplained Weight Gain**



# Types of Carbs

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## High Glycemic

- Simple sugars: candy, soda, ice cream
- Starches like potatoes, potato chips, white breads

## Moderate Glycemic

- Whole wheat, grains
- Brown rice, quinoa, oatmeal/oats
- Bananas, apples, kiwis, apricot, pears

## Low Glycemic

- Berries (straw & blue are bomb!)
- Most veggies (not peas or corn)
- Cherries, oranges, grapefruit

# "Good" Vs. "Bad"

- Always look at the BIG picture. – – – Which meal would be best (assuming a carb fueled diet)?

Meal A)

650 calories

15g protein

48g carbs

44g fat

Meal B)

650 calories

30g protein

50g carbs

37g fat

Meal C)

650 calories

20g protein

19g carbs

60g fat



# HEALTHY CARBS

@mysuperbodytransformation



**BLACK BEANS**



**WHOLE WHEAT PASTA**



**POTATOES** Red



**OTS**



**WHOLE WHEAT BREAD**



**LENTILS**



**BROWN RICE**



**SWEET POTATOS**



**QUINOA**



# Why instigate insulin post workout?

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When is PURE sugar  
and a high insulin  
release a good thing?

POST WORKOUT.

**We should  
ask  
ourselves....**

How long can I be in a fat burning, muscle protecting state throughout my day?

As long as possible.



HOW?!?



Protein; post workout shake; eating regularly; exercise



*Questions?*

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