



Good Carbs, Bad Carbs: An Indispensable Guide to Eating the Right Carbs for Losing Weight and Optimum Health

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Carbohydrates are the body's fuel of choice. Just the way a car is built to run on the fuel gasoline, the body has been programmed to function on the fuel glucose. In that programming, the body has preferentially chosen carbohydrates to be the source of its fuel – high test, so to speak.

The carbs that work best in the body are the ones most familiar to the Homo sapiens' gut dating back to Paleolithic times: unrefined, minimally processed, high fiber whole grains, vegetables and fruits. What do these foods look like today? Stone ground 100% whole grain breads, old fashioned rolled oats, *al dente* pasta, brown rice, sweet potatoes, steamed or raw vegetables, stone fruits, berries, apples, pears, grapes citrus fruits to mention just a few.

These carbs are low glycemic index foods that offer the body needed nutrients (fiber, vitamins, minerals, phytonutrients) while providing slowly-released glucose into the bloodstream. There is no blood sugar spiking and no subsequent precipitous drop in blood sugar levels. The result is more consistent energy, greater and more sustained satiety and an undeniable sense of well being.

Over the next few months I will be addressing:

- ✍ What is the Glycemic Index?
- ✍ How is the Glycemic Index measured?
- ✍ What is the controversy about using the Glycemic Index?
- ✍ Does the Glycemic Index really work?
- ✍ Does the Glycemic Index have a future?
- ✍ How to use the Glycemic Index



Johanna Burani, MS, RD, CDE has spent the last 15 years in nutrition counseling, specializing in individually designed meal plans based on low glycemic index food choices.

Ms. Burani has worked with leading international scientists researching the glycemic index for the past six years and after contributing to 11 books has recently authored her new book "*Good Carbs, Bad Carbs*". Her book was just selected this year's #1 diet book by *Self Magazine*