

Why Carbs Make You Fat

Part 1

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Sugar and Blood

Let's start with the disease of Diabetes. Basically, too much sugar in the bloodstream is called Diabetes. The body of a diabetic does not have the ability to remove this excess sugar. This can be very harmful and lead to death if not treated. The opposite condition of having too little sugar in your blood can also lead to illness and death. **Therefore the body constantly tries to keep the amount of sugar in your blood within very tight parameters.**

Forms of Sugar

Sugar comes in many forms. Remember that carbohydrates are sugars. Besides table sugar, foods such as cereals, grains, breads, pasta, wraps, yogurt, alcohol and many other foods are loaded with carbohydrates.

It's not that carbohydrates are bad.. quite the opposite. The problem is that the body is not designed to process a lot of carbs at one time (*remember that excess sugar in the bloodstream cannot be tolerated for long*). The foods I just mentioned (along with pop, candy, desserts etc...) are man-made and crammed with carbohydrates. The body is not designed to take in such concentrated forms of carbs in large amounts. (*example: apple juice is a much more concentrated form of sugar than an apple*)

The amount of sugar in natural foods like beans, carrots, fruit and peas would rarely cause excessive levels of sugar in your blood because the concentration of sugar in these foods is just not high enough. On the contrary, a bowl of oatmeal, glass of orange juice and a slice or two of wheat toast for breakfast is too much sugar to eat at one time.

What Happens When We Eat Too Much Sugar

Now that we understand that excess sugar cannot stay in the bloodstream very long... Where does it go? The answer to that question is the key to excessive fat accumulation.

Answer: The excess sugar is taken, by insulin, into body cells (*liver, muscle and FAT cells*)... **WHETHER OR NOT THE CELLS NEED THESE CARBOHYDRATES.** The body doesn't care that your cells don't really need all of those extra carbs/calories, it's just trying to protect itself from excess sugar accumulation in your bloodstream (Diabetes). So the fastest way to get them out of the bloodstream is to usher them into body cells.

Can you see that by eating sugary meal after sugary meal your body will continue to store the excess carbs/calories in your fat cells? The body just wants to get the sugar out of your bloodstream and if your fat cells get bigger in the process, so be it ...the alternative is much worse.

Why Carbs Make You Fat

It would be great if the sugar could just circulate in the bloodstream until the cells really needed the carbs for energy, such as the next time you worked out... but that's just not the case. The more you eat carbs the more the body will store them in fat cells in an effort to prevent toxicity from too much sugar in your blood.

The low fat diet craze is the main reason why the average american's body fat % has continued to rise, instead of decline. **The reason:** The fat that was taken out of many foods was replaced by CARBS! Everything became 'low-fat'... what people didn't realize was that "low-fat" equaled higher carbs content! You may be familiar with the "Snackwell Syndrome", coined after a popular low fat snack in the 90's:

"Snackwell Syndrome" is a term being used to describe how consumers binge on "fat free" cookies and snacks thinking they're doing their bodies a favor, yet gain weight due to all the sugar, flour and calories they contain"

Solution:

- 1) **Cut back** on your carb intake, especially refined carbs such as bread, pasta etc.
- 2) **Space your carbs out evenly** throughout the day so that you don't "load" your blood up with sugar. This will insure that your body does not store excess sugar in fat cells that don't need them
- 3) **Eat more natural carbs** such as fruit, beans, peas, etc... BUT not too much because they are still carbohydrate foods.
 - foods like oatmeal, wheat bread etc., are not natural (even though the packaging suggest that it came right from the pasture). They are often touted as being great for weight loss - the reality is that eating too much carbohydrate **regardless of the source** can lead to weight gain
- 4) **Exercise regularly**. Eating fewer carbs and exercising more often will insure that no carbohydrates are left over to be stored as fat. If you replace those carbs with more protein and good fats you will lose weight effortlessly (more on that in Part 2).
 - Therefore, the combination of eating fewer carbs plus regular exercise is a powerful weight loss strategy.

In **Part 2**, I will go into more specific diet information