

Control The Carbs Control The Outcome

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Carbs to Avoid:

- white bread
- cereal
- white rice
- pasta
- potatoes

I know you love these types of food, so do I. Here's an alternative:

Good Carbs

- whole wheat bread
- brown rice
- whole wheat pasta
- yams/ sweet potatoes

Many diets out there advocate extremely low or even no carbs. While the short term weight loss may be good, you will eventually get to the point where you have no energy, crash and gain it all back.

The reason you do cardio post workout is because your carb levels are low therefore you tend to burn more calories from fat stores.

Simple Carbs

Simple carbs are carbs that convert very quickly to blood sugar. Ex. fruit juice, sugar

Complex Carbs

Complex carbs are carbs that are moderately converted into blood sugar. Ex. whole wheat bread, brown rice

So what should you do?

Understand how carbs work within the body.

When you eat a meal high in carbs your body produces insulin.

Insulin is a hormone produced by the pancreas that regulates the amount of sugar in the blood.

One side effect of insulin is that it also causes fat to be deposited.

When we eat complex carbs your insulin level will be normal; however, if you over eat or take in simple carbs it will cause a spike in insulin resulting in fat storage.

Keep this information in mind everytime you have something sugary like juice or pop. Your insulin goes through the roof and yes, you guessed it, you start storing fat.

What about fruits and vegetables, where do they fit in?

Green Carbs

While you may not want to consume huge portions of complex carbs, green carbs are a whole different story. Carbs like spinach, broccoli, espargus are great fiberus carbs that contain very few calories. Loaded with things like vitamin C, vitamin A, vitamin K, iron and calcium you cant beat them. Adding a portion of greenery to your to several of your daily meals will help tremendously in digestion.

Fruits and Vegetables are fantastic, and they taste great too. Many health guides recommend up to 5 a day. So heres a tip, the next time you start getting hungry and your next meal isn't for another hour, grab an apple. Not only will it help fill you up but they are full of dietary fiber, aid digestion and help with weight loss. Not bad huh?

Conclusion: Try to avoid anything that is white, look for alternatives like whole wheat. Stick to complex carbs, avoid simple carbs and try to refrain from drinking calories; stick to water and tea. If you have to drink pop, drink diet. Green carbs are a must, low on the GI Index with numerous benefits. Control your carbs and it will be that much easier to obtain your goals.

Want to eat and still lose weight? Well I've got a plan for you! There are no lies here, I'm trying to provide to you the truth and products that really do work, not some hocus pocus gimmicks. I recommend the [How to Burn Fat](#) because once you understand the system for losing belly fat, you will never need another fad diet scheme again.