

CARBS



Important fact

Carbohydrates are generally the tastiest food group with the most variety of food choices. If you are choosing a weight loss diet, this needs to be taken into consideration

Carbs and calories

Carbohydrates are less calorie dense per gram than fat. This means, that for every **1g** of carbs you consume, that equates to **4 calories**

Thermogenic effect

The thermogenic effect of food is the amount of energy (calories) it takes your body to digest the food you've eaten

For carbohydrates its thermogenic effect is between 5-10%

This means if you consume 100 calories of carbs you will use 5-10 calories to digest the carbs

Complex Carbs

These are those foods that are generally less tasty but leave you feeling fuller for longer. They take longer to digest and help avoid sharper spikes in your glucose/insulin which can impact mood and fatigue. They are also an extremely good source of fiber which has many links to better overall health

Examples: vegetables, porridge, beans, lentils

Simple Carbs

These are those foods which taste nice, and leave you wanting more. They are far quicker to digest over complex, and tend to spike your glucose/insulin levels, which can lead to fatigue in the day. They are still a good source for energy and can provide significant nutrition. It is just important to be aware of how much you are eating when it comes to simple carbs

It is because of their taste and quick digestion that leaves you not fully satisfied and wanting more

Examples: fizzy drinks, doughnuts, fruit (peeled/juiced), honey, milk