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The carbohydrates are a vital ingredient of our diet. These perform many important functions for the health of the human body like supply and storage of energy. Foods like fruits, sweets, soft drinks, breads, pastas, beans, potatoes, bran, rice, and cereals are rich in carbs. However, it is not necessary to include carbs in our daily diet as the energy supplied by these can also be recovered by proteins and fats.

The human body cannot metabolize all types of carbs to extract the energy from them. This is the reason why the carbs are categorized into good and bad carbs. Many people are not able to get rid of their excess fat even after controlling their diet to high levels. The reason behind this failure is that they are consuming the bad carbs. These bad carbs are present in food items like non-whole grain pasta, rice and bread and even in drinks like soda and fruit juices. Fried foods also contain a high level of these carbs. While many other food items like vegetables, salads, whole grain pasta and meat contain the good carbs. These are easy to digest and provide sufficient energy for the whole day work. These are absorbed slowly by the human body which facilitates maintaining the sugar levels of the body.

Another nutrient called fiber is also very helpful in fulfilling the water demands of our body. A person facing stomach problems is advised to consume large amounts of fiber rich foods. Many deadly diseases like cancer, diabetes and cardiac issues can be prevented by consuming fiber rich foods. Although it is not digestible by the body, yet it has a significant contribution in the digestion process. That is why many dieticians will suggest you eating whole fruits and not just drinking fruit juices as the fiber present in fruits will help the digestion of sugar present in the fruit. This fiber is not present in fruit juices.

So for consuming good carbs and avoiding bad carbs, try to include more vegetables, whole fruits, and whole grain food items in your diet. The reason why the bad carbs cause harm to our body is that these are more processed and less natural. Many times people skip their breakfast and consume processed foods like chips, white bread, candies, biscuits and cakes to avoid the hunger attack that comes before lunch. They are unaware of the fact that these foods contain high levels of processed carbs and sugar which contribute in gaining excess weight. These have low nutrition value and less fiber content which makes the digestion of these foods slow and thus the undigested fats get accumulated under the skin causing obesity.

So knowing the difference between good and bad carbs is the first step towards deciding your diet plan to aim at weight loss. The good carbs will always supply large amounts of energy and nutrition not contributes in obesity. While the bad ones will only serve you to gain excess weight making you unhealthy. Just reducing the quantity of food consumption will not yield any desirable results to people who want to lose their unwanted fats.

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Dr. Quigley - About Author:
Lose unwanted fat by including good carbs like vegetables, whole fruits and whole grain in your diet. To know more difference between a good and bad carbs, visit: www.loseweighttacoma.com.

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