

# COMPLEXITY OF CARBOHYDRATES

*A guide to facilitate progress toward your goals*



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Person A has the goal of losing weight to optimize their body composition and minimize symptoms of/prevent chronic diseases. They have started to strength train a few times a week, however, their profession leaves them sitting most of the day.

Person B has a goal of optimizing their body composition but they don't have much body fat to lose. They work out 5 days per week and are very focused on optimizing their health to prevent disease and maintain their current level of fitness.

Person C is a younger human who strength-trains 4 days a week and plays competitive sports year-round. Athletic Performance and building muscle mass are their main priority.

For all of these clients, we will first optimize their protein and fat consumption based on the information we discussed in previous weeks.

- Person A is going to keep their carbohydrates to 20% of their total daily calories. For someone eating 2,000 calories a day, this would be 100g or less.
- Person B will land their carbohydrate intake into the 20-30% range. Based on 2,000 calories this would put them in the 100-150g range per day.
- Person C will have the most room for carbs in their diet making up 30-40% of their daily intake of 150-200g.

These are simply estimates based on a 2,000-calorie/day diet. Everyone is going to be slightly different due to their goals and current body composition. A general rule of thumb is for those looking to lose a larger amount of weight should aim for 100g or less per day, those who are in a maintenance stage or have less weight to lose will be somewhere between 100-150g, and athletes or humans who spend a large amount of time exercising can be in the 150-200g range.

### **High Quality vs. Low Quality Carbohydrates**

Regardless of your goals the type of carbs you are consuming matters. For years we have been fed the governmental food pyramid which suggests that we should be consuming 6 servings of whole grains every day. I hope that with the information I have provided today and over the past few weeks you can see where this is not going to promote optimal human performance. If you are confused, sit tight because I will do an article in the future about agriculture and how food products have taken us away from our ancestral roots.

Below is a list of eat more, eat some, and eat less. While you are constructing your meals if you align more with person A and B you should be sticking mostly with the eat more list. Person C will have room for the eat-some list. We should all be striving to stay away from the eat less list in our day-to-day meals!

## **Eat More Fruits and Vegetables**

- Berries
- Apples
- Bananas
- Honey
- Squash
- melons
- Pineapples
- Mangoes
- Dates
- Avocado
- Olive
- Pumpkin
- Zucchini
- Cucumber

## **Eat Some Fruit and Vegetables**

- White rice
- fermented veggies
- roots/tubers
- artichoke hearts
- herbs
- coconuts

## **Eat Less Vegetables and starchy carbs**

- Brown rice
- leafy greens
- beets
- cassava
- alliums
- nightshades
- grains
- nuts and seeds
- legumes
- most coffee/tea
- chocolate
- mushrooms

I am positive I will get a lot of questions about some of the reasons for the placement of carbs into their respective categories above. It will be a hard pill to swallow for some, however, I am confident that for most people you will feel better if you stick to the eat more/some list and avoid the eat less. Your body will no doubt thank you.

This doesn't mean that we can never eat foods off of the eat less list (I do occasionally as well). I want you to strive to not make these foods the majority of your meals.

If you take the time to reprioritize the way you consume carbs you will find more satisfaction with the foods you are consuming as well as finding that the carbs you were used to consuming were not serving you the way you thought they were.



**Take home message:**

Carbs are not the enemy...but they can be if they are low-quality

Eat most of your Carbs from Quality Fruits and Vegetables

Determine your Carbs based on your goals

# THANK YOU FOR READING!



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