



Low-Carb Recipes: Remove Carbs from Your Diet and Be Healthy (Paperback)

By Martha Stephenson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A large part of almost every individual diet includes carbohydrates. In our overweight country, carbohydrates one way or another has become one of our biggest enemies. More than one-third of the U.S. population is fat and heavy. Excess intake of refined carbohydrates (such as sugar and flour) is the primary aspect that causes us to gain more of weight. The principle of the low-carb diet is to change ones metabolism and lose weight easily by consuming foods that are high in protein and restricting foods that are high in carbohydrates. There are basically three kinds of carbohydrates- starch, sugar and fiber. Carbohydrates depending on their chemical structure are also known as simple or complex. Simple carbohydrates contain sugars found naturally in foods like vegetables and fruits. They are easily digestible and help to provide a rapid source of energy. While on the other hand, complex carbohydrates contain cereals and legumes, whole grain breads and starchy vegetables. They take longer time to digest and provide energy accordingly.



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