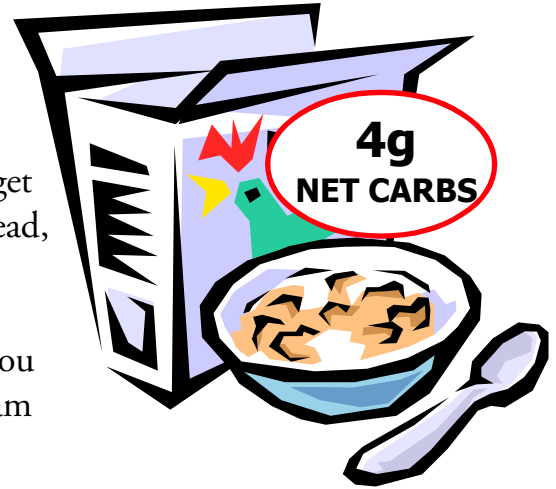


## The Truth About Low-Carb Foods

Americans are spending billions on “low-carb” foods. Manufacturers use clever labeling lingo such as “net carbs,” “impact carbs,” and “effective carbs” to make you think that traditionally high carb foods are really low in carbohydrate. You may get the message that you can lose weight and still eat plenty of bread, pastry, ice cream and candy, as long as it’s low-carb.

But, are these “low-carb” foods worth buying? Do they help you lose weight? Compare the single servings of pasta and ice cream (regular vs. low carb versions) in the table below to find out.



Food (1 serving)	Type	Total Carbs (grams)	Net Carbs (grams)	Fat (grams)	Calories	Price for whole package
Pasta (2 oz)	Regular	41	39	1	210	\$1.09
	Low Carb	31	19	1	200	\$2.49
Vanilla Ice Cream (1/2 cup)	Regular	15	15	8	140	\$3.00
	Low Carb	10	4	9	130	\$3.00

### Food Comparisons

#### Pasta

The low-carb pasta contains less carbohydrate but about the same amount of calories. Some of the carbohydrate has been replaced by fiber and protein which can compromise the taste. The low-carb pasta costs \$1.40 more.

#### Ice Cream

The “4 grams net carbs” printed on the low-carb ice cream package is deceiving. The calories and fat are similar to the regular ice cream. The main difference is probably taste due to the difference in ingredients.

### The Bottom Line -----

Ignore the “net carbs,” “impact carbs,” and “effective carbs” labels and look at the information on the Nutrition Facts label. Low-carb foods are not usually worth the money. When low-carb foods are compared to regular foods, they usually have about the same amount of calories, as much or more fat, less taste, and are more expensive!

# TOP 10 Reasons To Eat Carbohydrates

## 1. Brain Power

Carbohydrate provides the body with glucose, which is the preferred fuel for the brain.

## 2. Muscle Power

Carbohydrate can produce energy faster than fat for the working muscle.

## 3. Weight Control

Low carb diets are hard to follow long-term because of limited food choices.

## 4. Folic Acid

Folic acid is a B vitamin that prevents certain birth defects and may reduce your risk for heart disease and certain cancers. Grain foods are fortified with folic acid and many fruits and vegetables contain the natural form of folic acid, folate.

## 5. Dehydration and Constipation

Water is lost when carbohydrate stores in the muscles and liver are broken down for energy. Also, low carb diets are low in fiber. These factors result in dehydration and constipation.

## 6. Heart Disease

A diet high in fat, saturated fat, and cholesterol increases the risk for heart disease. Carbohydrate foods contain antioxidants which can help prevent heart disease.

## 7. Cancer

Fruits and vegetables contain antioxidants and phytochemicals that are known to help prevent certain cancers.

## 8. Blood Pressure

Fruits and vegetables contain minerals such as potassium, calcium, and magnesium which help reduce high blood pressure.

## 9. Bone Health

Low carb diets restrict milk, yogurt, and plant sources of calcium needed to maintain strong bones. High protein intake over time might result in calcium losses in the urine.

## 10. Tastes Good!

Carbohydrate foods just plain taste good!

