

Low Carb Lifestyle (Quickstudy: Health)

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Low Carb Lifestyle

Important facts you need to know about carbohydrates & low carb dieting

What Do You Know?

- Which food produces the slowest rise in blood glucose?
 - Lean fishes
 - Low carbs
 - Rice cake
 - You or fat
- Insulin, not fat, makes you fat.
- Sugar alcohols do not raise blood sugar.
- Foods that are low in carbohydrates are also low in calories.

Major Health Problems

Obesity

- Epidemic of personal health-care overweight
- Over 30 percent of those obese
- 30 percent or more over normal weight
- Causes inflammation, raises triglycerides
- Can lead to diabetes, cardiovascular disease
- One of the most pressing health challenges we face
- Predicted to become the single most prevalent health problem

Diabetes

- Type-2 diabetes (usually onset) incidence has been skyrocketing
- Rates have accelerated, paralleling rise in high-fructose corn syrup consumption
- Leads to cardiovascular, circulation and other problems
- Can lead to blindness
- Childhood obesity and diabetes both major health problems

Cardiovascular & Other Problems

- Leading cause of deaths in US
- Network exists between insulin and other hormones
- Diets high in processed foods
- Diets high in fats
- Combination of refined carbs and trans fats found to be the worst

Reexamining Our Eating Habits

Food

- USDA food pyramid
- Based on fat and cholesterol theory
- Emphasizes high consumption of grains, cereals, pasta, breads
- Current recommendation of food pyramid
- High-grain advice questioned & 11 daily servings of grains considered too high by many
- Recommendations parallel 28-year rise in high overweight/diabetes levels

Food, weight, health & wellness connections

- Disconnection with medical "calories" model
- High cost of health insurance, drug prices search for alternatives
- Successful experiences with non-toxic, non-conventional techniques
- Increasingly taking an responsibility for one's own health

Low Carb Revolution

- 100 Million Americans are "Cutting Back on Carbs"
- 17 million following a specific low-carbohydrate diet
- 42 million "trimming their carbohydrate intake"
- Low Carb Commitment is Here to Stay
- Popularity of extremely low carb diets may wane
- Low carb diets spark new diet craze 2010 diet
- 2010 sales peak: apples, "raw" nut butters
- Carbohydrate management and healthier diets will be permanent goals
- Reducing carbohydrates
 - Focus on type and quality of carbs
 - The 10 Glycemic Index (GI)
- Include more high complex carbohydrates: fresh fruits and vegetables

Major Food Health Trends

Unprecedented Focus on Diet, Nutrition, Fitness & Health

- 100 million people take nutritional supplements
- Over 10 percent of Americans have tried complementary and alternative medicine
- Organic foods growing by 20 percent annually
- Sales of healthy organic/natural foods topped \$40 billion in 2007
- Over 10 billion more spent on organic/natural foods
- 60 percent of consumers surveyed by FMI and Pennings Marketing believe organic foods are healthier

Eating Trends

- Eating on the run: Fast food restaurants account for 20 percent of restaurant meals
- Eating out
- Americans eat away from home on an average of seven per day
- Americans spend nearly half on food bought at restaurants
- More junk food
- Foodie snacking is four of the TV
- Value, portion and convenience result in low-carb diet
- Fast and junk food prevalent in schools due to lucrative revenue streams
- Red-meatless
- Focus on good side meals
- Advertising and marketing push low-carb diets to kids
- Calorie underestimation of junk foods
- Super-sized restaurant portions can mean 42 percent more calories per serving

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Reviews

This book is definitely not effortless to begin on looking at but quite entertaining to read. Better than never, though i am quite late in start reading this one. I am just easily can get a enjoyment of looking at a written ebook.

(Elinor Hyatt)

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