



10 Reasons You Need Unrefined Carbs in Your Diet

Include carbohydrates in your healthy eating plan to help shrink fat cells, boost fat burning, preserve muscle mass, curb cravings, control blood sugar, and keep you feeling full longer than other foods. A diet packed with the right kind of carbohydrate, is the secret to getting and staying slim for life.

Complex Carbohydrates:

- 1. Makes you thin for life.** A recent multicenter study of thousands of people found that the slimmest people also ate the most carbs. Researchers concluded that your odds of getting and staying slim are best when carbs comprise up to 64% of your total calorie intake.
- 2. Fill you up.** Many carb-filled foods act as powerful appetite suppressants. These foods fill you up because they are digested more slowly than other types of food. They trigger a sensation of fullness in both your brain and belly keeping you satisfied longer.
- 3. Curb your hunger.** Carbs raise levels of satiety hormones that tell your brain you are full.
- 4. Control blood sugar and help prevent diabetes.** The right mix of carbs is the best way to control blood sugar and keep type 2 diabetes at bay.
- 5. Speed up metabolism.** When you eat carbs with Resistant Starch, it moves through your digestive system releasing fat-burning fatty acids that encourage fat burning, especially around your belly.
- 6. Protect muscle while burning fat.** Complex carbohydrates are the preferred fuel of the body, helping you to deliver fuel to the cells while sparing protein and burning fat.
- 7. Fight belly fat.** Complex carbohydrates lower insulin levels, thereby controlling blood sugar and reducing the accumulation of belly fat.
- 8. Keep you satisfied.** Carbs flip on the fullness triggers in your body by releasing fullness hormones in the intestines.
- 9. Make you feel good—about you.** "Dieters feel so empowered once they lose weight on carbs. For the first time, they are able to lose weight by eating in a balanced manner, without cutting out entire food groups," says Sari Greaves, RD, spokesperson for the American Dietetic Association.
- 10. Are packed with brain-and-body-healthy nutrients.** High fiber foods are rich in vitamins, minerals, healthy fats and slow-release sugars that work together to improve mood, memory, and learning; lower stress; build immune health; lower disease risk; and prolong the quality and length of life.