

Our population has run into this misconception that carbohydrates wreck havoc on the human body, so they should be completely omitted from a diet to promote weight-loss. A few years back, the scientists misconstrued the same idea about fats. The truth is, however, that *anything* eaten in excess will lead to weight gain, and the key to being lean is eating a healthy, balanced diet with all components eaten in MODERATION. Developing healthy life-long habits, including exercising, eating consistent meals, and practicing moderation will lead any determined individual to success. In other words, despite what Dr. Atkins may have preached, there is no need to cut any food (or food group for that matter) out of your life completely.



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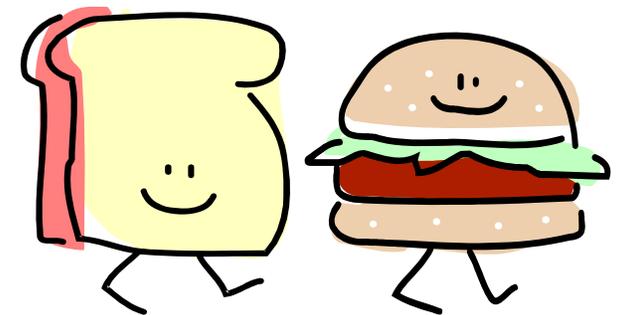
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# The *Un* - Atkins Diet



...eat your  
Carbs, but  
be smart  
about it!!

## Misconceptions

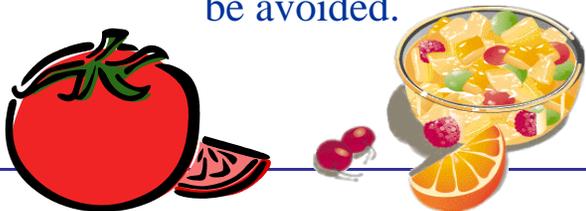


Carbs are bad

The fast initial weight loss from a low-carb diet must mean the fat is melting off.

Carbs cause blood sugar levels to rise to dangerous levels, leading to diabetes.

Because fruits and vegetables are high in carbohydrate, they should be avoided.



Because the body does not technically need carbohydrates to survive, they can be left out of the common diet without consequence.

## The Facts

Like fats, there are some carbs that are good and some that are not-so-good. Whole grain foods with fiber (most of which are very high in carbohydrate) are extremely important to any heart-healthy, pound-shucking diet.

A carb-free diet causes significant water loss because carbohydrates are attached to water molecules (no carbs means no water molecules) and because excessive protein intake increases urination.

This is true if the individual eats an abundance of high-sugar (high-glycemic) foods. Carbohydrates containing fiber, especially when coupled with protein will prevent the quick release of sugar into the blood stream.

Although they consist primarily of carbohydrate, fruits and vegetables are low calorie sources of many essential vitamins and minerals.

Carbohydrates are the body's main source of fuel and only source of instant energy to the brain. Without carbohydrates, athletic and mental performances decrease drastically while mood-swings, fatigue, and weakness are enhanced.

## Watch Out!

Look at ingredients on food labels and try to avoid foods with 'fructose corn syrup' as one of the top ingredients. Try to buy foods with fiber and with 'whole wheat,' 'whole oats,' or other whole grains as the first ingredient.

This initial weight loss may be exciting, but it is really doing nothing more than dehydrating the body and causing chemical imbalances.



Fruit juices, sodas, white bread, candy, cookies, and many other processed foods high in sugar and eaten in abundance could lead to diabetes and weight gain. Look for high fiber foods.

Be sure to seriously consider any diet that says to avoid these essential components of a heart-healthy diet.



A high-protein, low-carbohydrate diet causes toxins to build up in the body and can be extremely detrimental to the body's pH balance.