

Test Your Carb Facts

True or False

1. Carbohydrates (carbs) can help my memory and concentration.
2. I can get a lot of fibre in my diet by eating a small amount of carbs.
3. If I eat the right carbs, I can boost my immune system and protect myself from disease.
4. If I reduce the carbs in my diet, I will lose weight and be healthier.
5. My athletic performance will be better if I get enough carbs in my diet.
6. Carbs are not a good snack food between meals.

T __ F __

T __ F __

T __ F __

T __ F __

T __ F __

T __ F __

1. True. Your brain prefers carbohydrates (glucose) for energy. When you don't get enough you may have trouble with concentration.

2. False. When carbohydrates are reduced a lot, it's very hard to get enough fibre. The fibre we get from breads, cereals, vegetables and fruits helps to detoxify our body by removing waste products, and reduces the risk of certain cancers, diabetes, heart disease and weight issues.

3. True. Many protective compounds (phytochemicals) are naturally present in vegetables, fruits and other plant foods. These can't be replaced by taking supplements.

4. False. There is no quick fix when it comes to losing weight. Focusing on one specific nutrient, whether it is carbohydrate, protein or fat, pulls attention away from the real causes of most weight problems - too many calories and too little physical activity. The answer is to choose a lifestyle that includes a variety of foods in the right portions and regular exercise.

5. True. A high carbohydrate diet can enhance endurance during strenuous athletic events. Also, if carbohydrates are reduced, the body can become dehydrated. This dehydration can become excessive during physical activity. Even if you're not an athlete, you need carbs for energy and concentration.

6. False. Carbohydrate foods, especially those high in fibre like veggies, fruits, and whole grains, make great between-meal snacks. They'll boost your energy and hold you over until your next meal.

Answers:

Food and Health Communications Inc. (2005). Low-carb fad diet 2000 presentation kit and Communication food for health, January 2000. Retrieved January 26, 2005, from <http://www.foodandhealth.com>