



CARBOHYDRATE *Myth busting*

#1

Carbohydrates shouldn't be eaten at night.

All carbohydrates are processed in the same way regardless of the time of day they are eaten. Carbohydrates are the body's main energy source, so it's important to eat them regularly throughout the day - even at night time. Doing so helps to keep your blood sugars balanced, provides you with enough energy and helps you to concentrate.

Carbohydrates must be avoided for weight loss.

#2

Carbohydrates are stored in your body with water. When you stop eating carbohydrates, your body uses up the stored carbohydrates and in doing so, eliminates all of the water that was stored with them. This is why very low-carb diets result in quick weight loss, however they are often not nutritionally adequate.

#3

All white carbohydrates should be avoided.

While it's true you should opt for whole grain carbohydrates over refined carbohydrates most of the time, not all white carbohydrates are considered less nutritious. White potatoes, for example, provide vitamin C to support your immune system, potassium for muscle function and fibre for a happy gut. Other healthy white carbohydrate-rich foods include parsnip, rolled oats and legumes.



#5

All carbohydrates are created equally.

Wholegrain and/or low-GI carbohydrates are much better for you than refined carbohydrates. It is best to choose wholegrain and/or low-GI options most of the time, but it is ok to enjoy more refined options every now and then.



Carbohydrates are fattening.

Gram for gram, carbohydrates contain the same number of kilojoules as protein – they are not innately fattening. Weight gain can occur when a high amount of refined carbohydrates are consumed (like biscuits and cakes) because of the energy-dense added sugar and saturated fat these foods contain.

#4