

Re: crave carbs

Source: <http://sci.tech--archive.net/Archive/sci.med.nutrition/2006-06/msg00069.html>

- *From:* Jim Chinnis <jchinnis@xxxxxxxxxxxxx>
 - *Date:* Sun, 04 Jun 2006 01:48:22 GMT
-

NoOption5L@xxxxxxx wrote in part:

Jim Chinnis wrote:

NoOption5L@xxxxxxx wrote in part:

They're missing out on the goodness/and taste of many fruits, vegetables and whole grains. That's a tragedy. Sampling nature's vast bounty of fruit, vegetables and whole grains is one of the best things in life...

I'm one of those people you are disparaging. A lot of people have problems with carb cravings and overeating because they eat too many carbs for someone who is even a tad overweight. I don't suggest that they eat cheese and meat and stop eating all carbs. I think they should stop eating things made from flour—whole grain or not—potatoes, rice, and sweets. Make the carbs count by eating healthy produce, but skip the starchy stuff.

First let me reiterate a point. People were not/are not getting fat eating whole grains. Most of these overweight people don't even know what a whole grain is. They think any bread, baked goods, crackers or whatever, that's grainy, and not soft and creamy smooth in the mouth, is "weird".

I agree. But if they switched their branless, germless grain products for so-called whole grain (flour) products, they'd not have any less carb craving nor would they lose weight. The glucose and insulin responses are virtually identical.

Re: crave carbs

Whole grains are very nutritious, they fill you up, and keep you filled up.

I'm not so sure. There is fiber in wholegrain products, but it has been removed from the endosperm. So there is still a spike in glucose in most overweight people.