

Re: the business of carbs or is it the conspiracy or carbs?

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- *From:* "TC" <tunderbar@xxxxxxxxxxxxx>
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NoOption5L@xxxxxxx wrote:

TC wrote:

"The whole carb issue caused a lot of concern in the health-care field – it wasn't viewed as healthy," Brinnehl said. "But I think what it did was get people to think about what kinds of carbs they consumed. I don't know of anyone who wouldn't agree that whole grains are good-for-you carbs."

And this is it in a nutshell.

It's been known for many decades that whole-grains are good for you and refined grains are not/MUCH less so. I'm just amazed that it has taken this many years for whole-grains to finally get their due.

Patrick

Whole grains have only been compared to refined white flour grains. It have never been compared to real food like meats and whole food produce. It is only slightly better than white flour making it a poor food choice in general.

TC

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