

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

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- *From:* "TC" <tunderbar@xxxxxxxxxxxx>
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Jim Chinnis wrote:

"TC" <tunderbar@xxxxxxxxxxxx> wrote in part:

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

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produce. It is only slightly better than white flour making it a poor food choice in general.

I view grains as a necessary evil. The earth's population has passed the point at which it can live as it did during its evolution, eating "meats and whole food produce." Without the technology and industrial push to improve grain production and nutritional value, there would be mass starvation.

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Jim Chinnis Warrenton, Virginia, USA jchinnis@xxxxxxxxxxxx

You actually have a valid point. But don't tell me that grains are the panacea viv-a-vis human health, because they are a poor human food choice. And there is no way to improve grains to where they will prevent the human race from future starvation or malnourishment leading to serious chronic disease, unless you find a way to create grain that contains the essential vitamins, proteins and fats that are only available from animal sourced foods.

TC

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