

# THE FOOD CONFUSION?

by Linda Fiverson



Whole wheat, high fiber, fat free, gluten free, wheat free, organic, multigrain, sprouted, thin crust, thin sliced, 100 calorie, light, low calorie, low carb, no carb, lean, less, protein bars, protein shakes, liquid diets, cookie diets, macrobiotic, vegetarian, raw, appetite suppressants, fasting: the list is endless...

The result? A lot of confusion about what really contributes to quick loss, quick gain or no change in weight.

Recently, it seems like we're eating contrary to how our digestive systems have been designed. It's basic chemistry; the body uses carbohydrates as fuel for energy.

We love *what's new* in the food and diet industry. The labels, the packaging, the advertisements and the *newly slim* models promise and seduce you into believing that your own new slim, fit body is only a purchase away! You can't wait to start; you get all the products and the result? The same!

Calories are not Calories. A larger piece of chicken or fish does not exchange for the same calories of wheat, grains, oats, beans or any of the aforementioned products. It's the chemistry of how the body processes the food that matters.

Many people struggle with losing weight because they have no real knowledge of the different kinds of carbohydrates. They make the mistake of thinking that losing weight is about reducing consumption of calorie and fat intake.

Processed foods should be avoided. The digestive system has a hard time processing them efficiently and insulin is produced converting carbohydrates into fat. The best carbohydrates have *one ingredient*, are not processed and have a low glycemic index which keeps the blood sugar levels stable.

The problem isn't the fat; it's the wheat and the sweet! If we would learn to give up all the pasta, white rice, potatoes and sugar-filled drinks and desserts we wouldn't have an obesity epidemic or so many people suffering from diabetes and other metabolic illnesses.

All carbohydrates convert to sugar in the blood and the more refined they are, the quicker this occurs. The pancreas produces insulin which moves sugar into the cells. It's then stored in the form of glycogen and acts as fuel. Refined carbs turn into blood sugar almost as fast as you eat them!

It's a lot of work for the body to process so many carbs so the way it reacts to insulin can change and become problematic at any time. The pancreas then needs to make more insulin to push the same amount of glucose into cells. Metabolic diseases develop when the pancreas gets exhausted and can't produce enough insulin to keep up with the glucose in the blood.

The pressure to look slim often results in a nutritionally inadequate diet. These diets don't address or change the *problem* so our eating habits return and so does the lost weight.

Since these products and methods are usually for the *quick fix*, they often end in failure, low self-esteem and so much guilt and regret that we feel like we're losing *the losing battle* and thus, we give up, again! Of course, we're off to search again for another *new fad diet*.

Human instinct is usually right so if you think for one minute, "Why am I doing this?" or "Is this healthy?" or imagine, "I'll just do this for one week to get back to my *old* eating habits," remember, DOUBT MEANS DON'T!

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**Linda Fiveson is a Nutritionist in Syosset, N.Y. In addition to counseling she sells her own line of foods which are all free of flour, gluten, sugar and preservatives. For more information call (516) 496-2300 or visit her website at [www.lindafiveson.com](http://www.lindafiveson.com)**