Paleo-content

29

**Subject** – Meet the Good Carbs!

Hi primal eaters,

Before we begin, let us tap into one of your deepest fears. *Are you afraid of the carbs?*

Do you blame carbs for those bulges and extra inches around the tummy area?

Well, if the answer is in the affirmative for both the questions, you need to change the fitness coach or magazine you get your information from. Let us tell you, carbs are not bad! They are just a bit misunderstood.

Just like fats, there are good carbohydrates and bad carbohydrates. Luckily, paleo diet consists mostly of good carbohydrates - ones that do not settle on your body but covert into energy giving you extra endurance, strength, and stamina.

Grains are the biggest source of bad carbs, while fruits and vegetables have carbs that are good for you. Good carbs have a low Glycemic index. They keep your blood insulin level balanced and therefore do not convert into fat cells.

So, in short, good carbs keep you lean and energetic. If you still can’t get over your paleo-phobia, remember that paleo is the best way to avoid what’s unhealthy and rely on what’s healthy for you. Paleo diet is a low carbohydrate diet equally good for healthy eaters, weight-watchers, and workout enthusiasts. Choose the paleo lifestyle and you won’t have to face your fears ever again!

With that said, we take our leave until next time.

Take care

Bye