

## GRAINS, LEGUMES, CARBOHYDRATES



If you'd like to know the evolutionary history of grains and legumes, we didn't start to cultivate them until about 10,000 years ago. Considering our history, this is not very long at all. Anthropologists have discovered that the advent of agriculture and the cultivation of grains and legumes resulted in shorter stature, nutrient deficiencies and more disease. Whether we have adapted to eating grains and/or legumes is not the argument I intend to make here. I will only explain grains, legumes and carbs from a nutritional standpoint.

Grains and legumes are generally toxic food groups. They contain phytic acid, which binds to vitamins and minerals, and does not allow them to be absorbed. So while grains and legumes are touted for being rich in vitamins and minerals, the unfortunate truth is that little of these are actually being absorbed. Grains and legumes are also higher on the glycemic index and compared to their counterparts, offer little nutritive benefits. What can you get from grains or legumes that you couldn't get from a well rounded meal of veggies, meat or seafood and healthy fats?

The overconsumption of grains and legumes (particularly the processed versions) is one of the driving forces behind weight gain today. It is up to you to decide if you feel better eating them or not. Traditional cultures that ate grains and legumes prepared them properly to reduce the phytic acid content and ensure easy digestion. If you'd like to eat them, you must properly soak, sprout or ferment them. You can buy properly prepared grains here if you do choose to eat them.

If you are trying to lose weight, I suggest a lower carb and starch diet. I suggest eliminating grains for at least two weeks and see you feel and how your body reacts. After this period, if you wish, you can reintroduce properly [prepared grains](#) and see how your body reacts. Of course, everyone is different. You may digest grains well. Just make sure they're soaked, sprouted or fermented.



I do not, under any circumstances advocate the consumption of gluten. Gluten is the protein found in grains like wheat. Gluten:

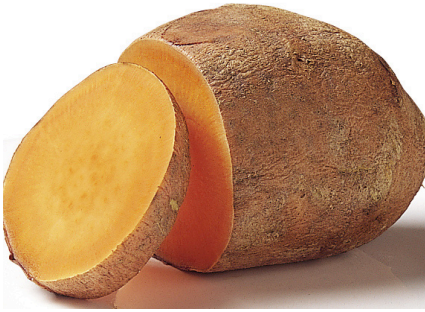
- is hard on the digestive system
- spikes blood sugar
- causes arthritis
- causes weight gain
- causes dyslipidemia
- causes insulin resistance
- leads to cavities
- contributes to heart disease
- has been linked to Crohn's disease
- has been linked to irritable bowel syndrome
- can cause constipation
- causes gut dysbiosis
- has been linked to ADHD
- has been linked to autism

Again, the choice to eat wheat or not is up to you. If you do choose to eat it, make sure's it is properly/traditionally prepared.

This does not mean you cannot ever eat bread, pasta, cake or other wheaty treats again. You can make these things using almond flour, coconut flour or rice. I make brownies with almond flour and eat rice pasta when I want Italian. You can't even tell the difference, but your body definitely can.



## CARBOHYDRATES



Carbs are not inherently bad. Granted, I do advocate a lower carb consumption than what most people are used to eating. Just like fats, there are good carbs and bad carbs. Complex carbs are great and can be found in veggies like broccoli, squash, plantains, etc. Carbs are not to be feared. I also recommend potatoes and white rice. Potatoes and white rice are non-toxic and are easily absorbable forms of glucose. Glucose can be toxic in high amounts, but eating some white rice/potatoes ain't going to kill you. Why white rice instead of brown? For the reasons explained above. Brown rice, with the bran and everything intact is extremely hard to digest in addition to being high in phytic acid. White rice is easier to digest and will not bind to the vitamins and minerals you are eating, preventing them from being absorbed.

You can eat white or sweet potatoes. Contrary to what you may have heard, [white potatoes are not terrible for you](#). Which is great for me, because I can't stand the taste of sweet potatoes. You can eat either. They have similar nutrient density (actually the white potato has more in some instances) and are similar on the glycemic index. So go ahead and eat some white potatoes if you want!

Eat fat with your carbs, like butter with a potato (HELLO what is a potato without butter?!). Eating fat and/or vinegar with carbs can lower the GI by up to half! This means your body will not be bombarded with a rush of glucose. It will provide a steady, slow release, which is great.

It is up to you to decide how many carbs you would like to eat. If you're exercising rigorously or have a physically demanding job, I'd advocate eating more carbs. You have to find the carb sweet spot for yourself. I like a lil' bit of carbs with each meal, I feel more satiated. If you are eating no or extremely low carb and feel hungry every couple of hours, try eating more. If you are gaining weight eating carbs and feel tired or sluggish after eating them, try eating less.