

## Carbo Loading

Have you heard the expression “carbo-loading?” It’s what athletes do before a game or a race. They load up on complex carbohydrates — usually pasta and bread — because those foods give a long-lasting supply of energy that will see them through the event.

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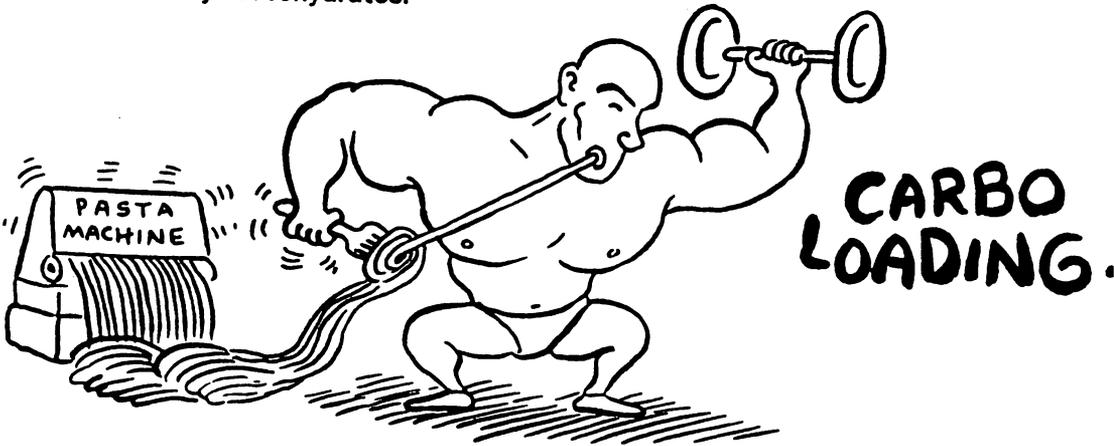
Scientists studied the diets of athletes and then gave the athletes standardized tests. They found that those who ate mostly protein and fats scored only half as well as those who ate mostly carbohydrates.

## CARBOHYDRATES

Carbohydrates come in two forms, and one is a lot better for you than the other.

**Simple carbohydrates** are, generally, things that taste sweet: cookies, cake, candy, soda, and other things that contain lots of sugar. If you guessed that those are the ones that aren’t so good for you, you’re right.

**Complex carbohydrates** are foods that are made up of natural sugars but don’t taste



## Potatoes 4; French Fries 0

Potatoes are a super-food. They convert easily to glucose to give you lots of energy. They are also low in calories, low in fat, and high in nutrients. An adult could get almost all the nutrients he or she needs in a day from one plain potato. Slice that spud up and deep-fry it, though, and watch its value fizzle. Deep-frying destroys many of the vitamins and nutrients, and adds huge amounts of fat. Whereas a plain potato has approximately 130 calories, 20 french fries have 260 calories, and 70% of those come from fat.

sweet. They include rice, pasta, corn, beans, bread, potatoes, fruits and vegetables. They are low in calories and low in fat, and inside your body they break down easily into energy-building glucose. They are the perfect “high-energy” food.

Complex carbohydrates also cause your body to produce serotonin. That’s the neurotransmitter that makes you feel relaxed. Between high energy and relaxation, complex carbohydrates put you well on your way to High Positive.