

Do Carbs make me FAT or GAIN WEIGHT?

Extremely hot topic Question

The answer is NO!

Carbs do not make you fat or cause weight gain. Being in a calorie surplus with any macronutrient such as carbs, fats, proteins or alcohol that is over your calorie needs will cause weight gain.

You can eat carbs and still lose weight. It's the total amount of calories in a 24 hour time frame that really matters.

The number one thing people try to do when starting their weight loss journey is eliminate carbs. Carbs are essential for our body as it is our number one energy source. Our diet should consist of protein carbs and fats throughout the day.

Studies show that people are seeing weight loss by eliminating carbs because of the fact that they are eating less calories. At the end of the day it depends on calories in vs calories out. If you eat less calories than you burn a day then you will see weight loss. If you consume more than you burn in a 24 hour period then you will see weight gain. So you can still enjoy carbs and lose weight.

A low carb diet has been seen to be very beneficial. Not that eating less carbs helped with weight loss but the fact that a lower carb diet can help you stay satisfied longer. With having a low carb diet it can lower your spike in blood sugar levels. Having a spike in blood sugar levels can make you feel hungry when your glucose levels come back down. So when you don't have that spike in blood sugar levels it can help with staying satisfied longer and may lower snacking throughout the day. The amount of carbs an individual can eat will depend on age, height, gender, and activity level.

A lower carb diet can also help lower blood sugar levels, blood pressure, and triglycerides.

Always check with your doctor before changing your diet or starting any type of fitness program. To make sure your diet will be right for you.