

The high carb diet that keeps you healthy

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Hence, the main danger is the excessive intake of wrong high-carbohydrate intakes resulting in an increase in weight. Carbohydrates may be beneficial if they include a healthy balance of different fats. A single dietary intake may, on one hand, result in excessive fats of one kind and on the other hand, lack of other healthier fats, proteins, and fibers.

High Carbohydrate diet contains more of vitamin A, Vitamin C, Calcium, Iron, etc. and low of Vitamin B12, Zinc and Sodium (FitDay). The carbohydrates low on the Glycemic index provides control on blood sugar level after having the meals. The unawareness of high Carb/high Glycemic index diet boosts the sugar level to extremes which later on results in fatigues and distress due to energy crashes. French baguette has a Glycemic index of 95 and Peanuts has an index of 14. Hence, Peanuts are less likely to affect sugar level, whereas, French Baguettes are more likely to boost sugar level and provide unnaturally high energy to the human body. Diabetic, cardiac and other patients must be aware of their intake needs. High-carb/low glycemic index helps to prevent high blood sugar levels and balanced weight and energy of the human body (Greenberg, 2011).