

Free are carbs good or bad essay sample

[Food & Diet](#)



**ASSIGN
BUSTER**

The reputation of carbs (carbohydrates) has fluctuated over the last couple of years. Some carbs have been promoted as a healthful nutrients while others have been touted as feared food of fad diet. Despite the varying views out there, it would be worth noting that carbs are not bad in themselves.

Over time, people have come up with a myth that carbs are fattening and this have been perpetuated throughout the society. However, from the nutritionists' perspective carbs are not fattening and are not high in calories. The calories in the carbs are as high or as low as in any other type of food. In terms calorie levels, carbs are better compared to fat. The reason people lose weight after cutting out carbs is because a lot of other elements like sugar, candy and the refined sugar which is mostly found in junks are also cut out. Also when people cut out carbs they end up losing a lot of water which makes their weight to fluctuate.

It is worth noting that carbs can also help in losing weight just like any other food. The underlying difference between the good and the bad carbs is the quality of the carbs themselves. Better quality carbs just like any other quality food out there tends to be healthier than the processed junks. Most of junk food contain carbs which are high on calories resulting in weight gain in most cases.

It would be wrong to say that carbs are bad and should not be eaten. Carbs are an essential element in our bodies and should be eaten as recommended by nutritionists. However, not all carbs should be eaten but the quality of them should guide one on what to take.

References

<http://www.youtube.com/watch?v=JJR9wh773HY>