

The Bad Carbohydrate Epidemic in America

Plainfield Public Library Pathfinder

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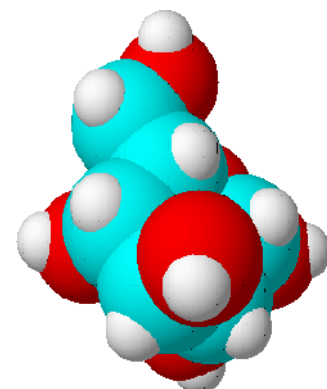
Special points of interest:

- With the advent of a market based on highly processed and refined foods in the last several decades, morbid obesity and overweight have reached epidemic levels in the United States!
- The “good carbs”, a far better choice of carb intake, consist of foods such as vegetables, beans, legumes, nuts, seeds, whole grain breads, whole grain cereals, whole grain pastas, and some dairy products.
- As a result of a highly unhealthy food industry generated by a top-heavy onslaught of processed and refined products combined with inactivity trends, American youth are now 17% obese, according to a recent medical survey. This is triple the percentage from just one generation ago!

The Creation of a New American Diet Crisis

The *Centers for Disease Control and Prevention*, headquartered in Atlanta, Georgia, recently reported a shocking rise in those Americans reported to have either an increase in acquiring diabetes or a pre-diabetic condition in the year 2008. It is the seventh cause of death in the United States. If not controlled and treated, it can lead to other complications such as heart disease, blindness, kidney failure, and lower extremity amputations.

Recent research by medical and science professionals has led many of them to correlate the rise in the consumption of highly processed foods over the past several decades with an exponential increase of pre-diabetic and diabetic occurrences within the American population, particularly a rise in Type II Adult Onset Diabetes. Many peoples' genetic makeup contains attributes that make it harder for their bodies to process carbohydrates, especially “bad” carbs easily, thus causing diabetes.



This is an example of a glucose molecule. When people who use a glucose monitor take small blood samples, they can gauge the rise in their bodies' glucose levels. If someone, perhaps a diabetic, reads glucose levels of approximately 120 on their meter, this is considered a safe glucose level. If a person has consumed too many “bad” carbs in the form of refined and processed foods, this very probably will cause a sharp spike in his/her glucose readings. The higher the numbers, the more worrisome the outcome.

Remedying the Effects of a Bad Carb Lifestyle

The effects of eating the empty “bad” carbs of highly processed foods can be mitigated by reducing your daily consumption of foods such as sugary cereals, white flour breads, white flour pastas, regular sodas and other drinks such as regular iced teas and fruit drinks. When you have a craving for a potato-based meal, for instance, consider preparing sweet potatoes or sweet potato fries in place of white mashed or fried potatoes. Another strategy diners can use is to request whole grain breads or pastas if available on the menu, or even encourage your favorite restaurants to consider adding these options.



At the supermarket, look for phrases on the backs of bread loaves that say the product is made from whole grains in the list of ingredients; this is a far better choice for the consumer than white-flour processed bread, which is too high in carbohydrates.

White-flour bread will spike glucose levels too high.

“More than ever, we as parents and a nation must do something about the growth of obesity in our children. We must do more than just talk, we must be concerned enough to act.”



Lee Haney



Legumes are so versatile that they can be added to soups, sandwiches, and wraps, salads, or as side dishes to a main meal.

They are high in non-animal proteins.

Books

- ***The Low GI Diet Revolution: The Definitive Science-based Weight Loss Plan***, by Janette Brand Miller, call # 613.2 BRA
- ***The South Beach Diet Cookbook***, by Arthur Agatston, call # 641.563 AGA
- ***The Everything Low-carb Cookbook: 300 Delicious Recipes to Help Reduce Your Carbohydrates and Stay Healthy***, by Patricia M. Butkus call # 641.563 BUT
- ***The End of Overeating: Taking Control of the Insatiable American Appetite***, by David A. Kessler, call # 613.2 KES

Articles

- TOM, H., CHAIRMAN, & SENATE HEALTH, E. (n.d). CHILD OBESITY. ***FDCH Congressional Testimony***, Retrieved from MasterFILE Premier database.
- (n.d). **Obesity becoming world crisis**. Toronto Star (Canada), Retrieved from Newspaper Source database.
- (2001). **Diabetes: growing concern in African-American community**. New York Amsterdam News, 92(21), 18. Retrieved from MasterFILE Premier database.

Online Resources

The library provides computers for Internet access for online research. For getting informed and started on a low-carb and low-glycemic diet, go to the web site **About.com: Low Carb Diets** (<http://lowcarbdiets.about.com>). For information on diabetes, these web sites will be of use: **American Diabetes Association** (www.diabetes.org), **Centers for Disease Control and Prevention** (www.cdc.gov/diabetes), and **MedicineNet.com** (www.medicinenet.com/diabetes_mellitus/article.htm). For ideas on diabetic cooking, try **Diabetic Cooking Magazine** (www.diabeticcooking.com). If you need information on childhood obesity and overweight, consult **Centers for Disease Control and Prevention** (www.cdc.gov/obesity/childhood/index.html).