

Know why you should eat those carbs



To all the diet conscious people out there, please don't cut carbs from diet entirely ? they are necessary and are made so widely available for some reasons. Diet makes an impact on mental health which contributes in cognitive power and vulnerability to disorders like dementia, Alzheimer's and the likes ? and carbohydrates found in grains are necessary.

When it comes to dieting, the first few things that dieters cut out includes banishing carbohydrates aka carbs, completely. Yes it is true that eating a healthy diet is important for a great body & brain, but the definition of 'healthy' in a diet keeps changing from time to time. It used to be fats, it still is fats but the latest fad that has caught up fitness enthusiasts is to banish carbohydrates. Carbs and gluten are literally frowned at these days and to limit gluten intake people cut down on grains. But hey, let's ask ourselves this question ? why the hell are grains available in nature in such a wide extent then?

But, here's the thing ? after researching a lot, scientists found that whole grains are loaded with fibre, which is quintessential for healthy brain function along with carbohydrates. Fibre content in food actually feeds good bacteria in our gut and scarcity of the same adversely impacts gut health. Scarcity in fibre and carbs makes one vulnerable to long-term negative effects on the brain like brain fog, confusion, and even depression and anxiety. One is certainly not healthy if any of these happen, right? We don't want that in return for a slim ripped physical appearance that doesn't matter too much after all.

So instead of following these fitness fads, know what carbs are good and what carbs are bad. Eating complex carbs like whole grains, brown rice, oats, and sweet potatoes in limited amounts, is good for your health. These complex carbs are high in fibre and help stabilize blood sugar levels, enhance metabolism, aid healthy digestion while boosting the immune system with B-vitamins, antioxidants and minerals. And above all, complex carbohydrates release glucose which is the main source of energy for the brain ? it is literally brain's food. Also, if you still are a fitness freak or have gluten intolerance and you can't just eat it, well pick from gluten-free grains like rice, amaranth, millet, quinoa, sorghum and buckwheat. But just don't leave carbs out completely.