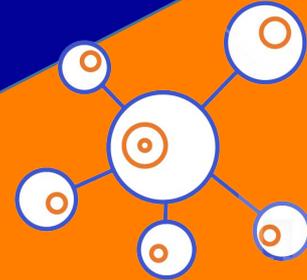


Macronutrients part 1 - what are Carbs? 12.22.20



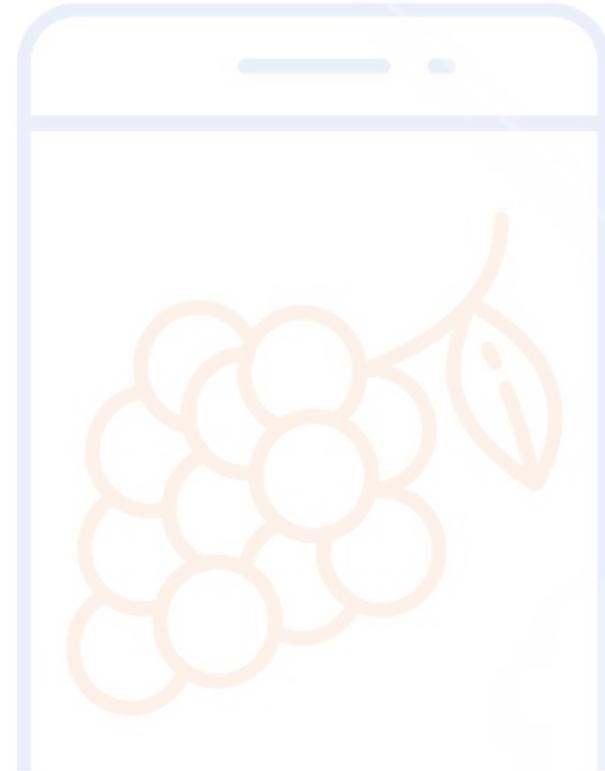
Macros - carbohydrate basics

Complex Compounds & Macros

Macronutrients are easily adjust via ratios.

There are 4 macros which differ from **micronutrients**.

1. Carbohydrates
2. Protein
3. Fats
4. Alcohol

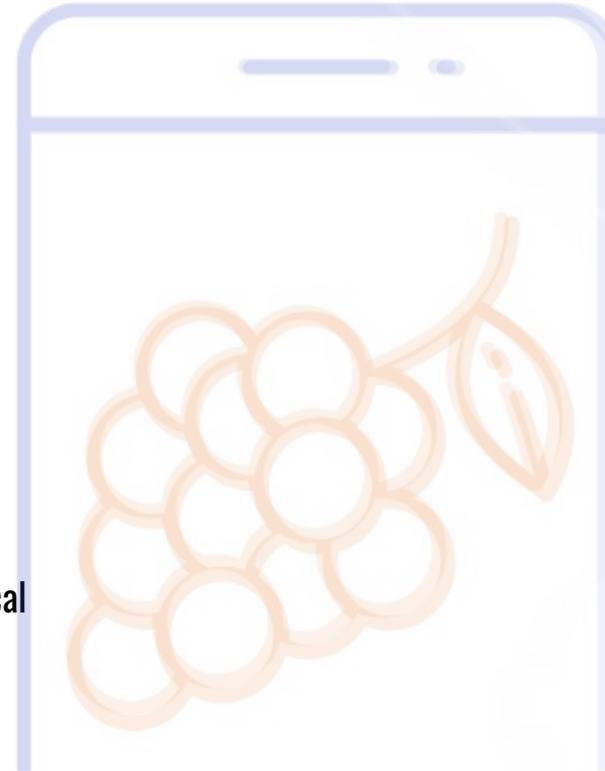


Carbohydrates

You're going to get **four** calories for every gram of carb. 100 grams of carbohydrates is 400 calories. Carbs taste sweet: bananas, fruits, breads, noodles, nuts, seeds and potatoes, pastas, we can actually categorize these in three ways.

Fiber

Soluble and insoluble fiber: **prebiotics**, includes black beans, chickpeas, veggies, seeds and fruits. Our bodies semi dissolve it as it passes through your GI tract, your stomach into your small intestines your large intestine, your colon. And it becomes a globular capsule that flows along the stretch of your GI tract, staying a globule. Essentially bulldozing other debris and fecal remnants, which get oxidized into harmful irritants and carcinogens, out your rectum.



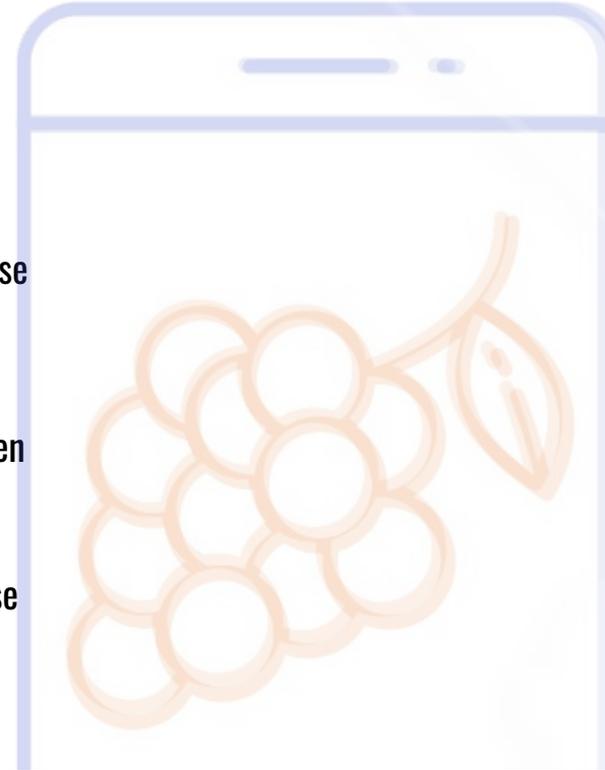
Soluble fiber helps reduce cholesterol in your body. Eating insoluble fiber is like consuming grass. That would go right through you. It's roughage. It's the bran in a bran muffin.

Sugars

Cane sugar, fruit sugar – fructose, your blood sugar – glucose, and milk sugar - galactose. Those three are *monosaccharides*. **These monosaccharides are simple sugars.**

As you approached that anaerobic phase of your workout, your body starts to break that glycogen (glycolysis) into blood sugar – simple carbs, glucose - and then starts to circulate then for further metabolism.

Empty calories, dairy, fruits, junk food...those are the demonized versions of simple carbs. These are the empty calories, refined sugar complex. **On the other hand, what we call starches: beans, peas, veggies includes fiber and whole grains.**



[👉 *Intermittent fasting Breakdown*](#)

[👉 *Carb cycle \(advanced\)*](#)

[👉 *Courses & diet tutorials!*](#)

