

Unrefined Carbohydrates vs Refined Carbohydrates

Introduction

Here's a little food for thought. Have you ever wondered why when you eat a piece of candy, open a bag of chips, have a slice of bread or a bowl of pasta that you crave more of it until your overstuffed? It could be because it tastes good which is probably true. However, it could also be due to the chemical makeup of these particular foods.

You see food can be a friend. Think about all the fun times that you have shared around food. It brings comfort and people together. Food is something that we all enjoy, but it is also a necessity for your body to function.

Recently, I have started limiting the amount of refined carbs that I would un mindfully eat throughout the day and week. Instead, I have been consuming more **unprocessed/whole foods**. As a result, I have seen progress with my energy and skin.

Today, I am going to inform you on refined vs unrefined carbohydrates, how it is processed, and the health effects.

Transition: *The category of carbohydrates includes a wide-variety of related foods. So, therefore I will begin with defining this food component.*

Body

I. Carbohydrates provide the body's main source of energy. They are found in three forms: sugar, starch and fiber. Depending on their chemical structure, they can be simple or complex. Your digestive system changes it into glucose or blood sugar. Your body uses this sugar for energy for your cells, tissues and organs. It stores any extra sugar in your liver and muscles for when its needed.

A. According to *Sickly Sweet: Sugar, Refined Carbohydrate, Addiction and Global Obesity*, unrefined carbohydrates are whole grains. They keep the entire seed kernel of the food which includes the bran, germ and endosperm. They are a nutrient-dense food that contains high concentrations of vitamins, minerals, antioxidants and fiber. These foods include wheat bread, brown rice, quinoa, oats, and popcorn. Also, fruits and vegetables.

B. Refined carbohydrates are processed grains. They are calorie dense because the calories outweigh the nutrients. During the milling process, manufacturers strip away the bran and germ and crush the endosperm of the grain, making the final product easier to chew and digest. These foods include white bread, white rice, cereal, and pretzels. Also, soda and candy.

Transition: *Now, that we have defined what they are and the types of foods to find them in. We can discuss how they are processed.*

II. Food processing is the transformation of cooked ingredients, by physical or chemical means into food or other forms. Food and beverage manufacturing plants transform raw agricultural materials into products for consumption by applying labor, machinery, energy, and scientific knowledge.

- A.** *In Functional foods and dietary supplements*, the main concepts associated with processing include additional heat, heat removal and moisture removal.
- B.** Modern food processors transform raw food materials to produce safe, extended shelf life, consumer-desired, convenient and value-added foods. The type of food processing operation chosen can influence the changes in product quality like color, texture, and flavor.

Transition: *Because these foods have been modified, I will share with you how this alters the effects on one's health.*

III. As stated in, *Eating well for good health*, food provides the energy and nutrients needed to support all body functions, maintain good health and do everyday activities. Without proper knowledge of the body's needs, it can lead to malnutrition.

- A.** Carbs that have been highly processed are higher on the Glycemic index which is the measure of speed that glucose is released into the blood stream after digestion. The higher the glycemic index, the more insulin is needed to stabilize your blood sugar level.
- B.** While not all packaged foods are unhealthy, eating a diet full of heavily processed foods has been linked to many health issues like diabetes, weight gain, food addiction, high blood pressure, lack of concentration and energy. Studies have shown that eating these foods in moderation can improve your health like by choosing a healthier alternative and pairing a carb with protein and fiber.

Conclusion

I. Thesis Review

Today, I have informed you on Refined vs Unrefined Carbohydrates, how it is processed, and the health effects. In turn, I believe that this information will help to encourage you all to make better choices and create a more balanced diet.

For the love of food, savor the moment. But remember when you eat good, you feel good.