

Improve your health — avoid these three carbs

Inflammation can cause a lot of serious health issues, especially when it becomes chronic. Not only is this a painful condition that can impact your overall health and lead to conditions like heart disease, cancer, and diabetes, but it can also be detrimental to your weight loss goals because inflammation can cause your metabolism to slow down.

Eating certain carbohydrates could be one major reason you're experiencing high levels of inflammation—and, in turn, weight gain. There are three main carbs that you should stop eating if you want to avoid inflammation and lose weight faster: white bread, pasta, and high-sugar cereals.

White bread

If you're still choosing white bread over whole-grain options, there is some unfortunate news: this food is seriously bad for your health. It's a major culprit of inflammation, weight gain, and more.

Pasta

Pasta is one high-carb food that may lead to or worsen inflammation and weight gain. Too many diets contain more carbohydrates than our bodies need—and more often than not, those carbs are coming from highly processed foods like pasta. Many pastas today are processed and enriched which can cause inflammation, gastrointestinal issues, and ultimately weight gain.

High-sugar cereals

High-sugar cereals can lead to major health complications, including inflammation. For this reason, it may be a good idea to cut this breakfast food out of your diet—even the types that label themselves as “healthy.” Many cereals are made with refined carbohydrates which are highly inflammatory and turn to sugar quickly in the body. Always check the ingredients before buying and find cereals that don't include any enriched flour or sugars — these may be listed as HFCS, fructose, sucrose, caramel, castor sugar, sorghum syrup, invert sugar, evaporated cane juice, or agave nectar.

The truth is that no diet is perfect, and everyone slips up now and again. But if you're serious about improving your health, avoiding inflammation and sticking to your weight loss goals, it may be best to cut these carbs out of your diet. Your doctor of chiropractic can provide additional help and tips.



*This healthy living information is provided by
your Doctor of Chiropractic and the
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