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### You Can Handle the Truth

Are there good and bad carbs? (Take the T/F test to find out!)

1. The brain needs carbohydrates to function properly. \_\_\_\_
2. Low-carbohydrate, high-protein diets are more likely to raise your cholesterol levels, increasing long-term risk of heart disease. \_\_\_\_
3. Simple carbohydrates, such as sugar are “bad” to eat, while complex carbohydrates, such as starch and whole grains, are “good” for you. \_\_\_\_
4. Some carbohydrates take longer for the body to convert to glucose. \_\_\_\_
5. People who eat high levels of carbohydrate are more likely to have lower body weights. \_\_\_\_
6. Fiber is the only benefit of consuming whole grains. \_\_\_\_
7. Carbohydrates are more fattening than fat. \_\_\_\_
8. Maintaining weight loss is successful if one follows a diet relatively low in carbohydrates and high in fat. \_\_\_\_
9. High consumption of carbohydrates causes insulin resistance, contributing to health problems such as obesity and diabetes. \_\_\_\_
10. When cutting carbohydrates, you will lose lean tissue, not body fat, which reduces the number of calories your body can burn resulting in weight gain. \_\_\_\_

#### Answer:

1. **True.** Fat cannot be used by the brain or central nervous system (CNS) for energy. The brain and CNS get fuel from carbohydrates or from the breakdown of lean body mass.
2. **True.** Low-carbohydrate diets are typically high in cholesterol and other blood fats. To decrease risk for heart disease, increase complex carbohydrates in the diet.
3. **False.** Both simple and complex carbohydrates are good as they each serve a different, yet equally important, function.
4. **True.** Each type of carbohydrate has its own timetable for arriving in the blood stream as glucose. The longer it takes to convert, the fuller you feel.
5. **True.** High carbohydrate intake that includes whole grains is associated with lower body weight.
6. **False.** In addition to fiber, whole grains are associated with reduced risk of chronic diseases and weight management. This is due to the vitamins, minerals, antioxidants, and phytochemicals contained in whole grain products.
7. **False.** The human body requires almost eight times as much energy to turn dietary carbohydrates into body fat as it does to convert dietary fat into body fat. Short-term intervention studies, as well as many large-scale population studies, show that increasing carbohydrate consumption is associated with lower body weights.
8. **False.** Data from the National Weight Control Registry states that people can keep off the weight more successfully by following a diet low in fat (20 to 25 percent) and high in carbohydrates (55 percent).
9. **False.** A diet high in complex carbohydrates and rich in fiber reduces your chances of developing insulin resistance.
10. **True.** Carbohydrates are needed to burn fat. Without enough carbohydrates, the body will use lean tissue for energy.