

# [PDF] Carbohydrates: The Facts About Starches & Sugars

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#### Books Details:

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#### Description:

All carbohydrates provide the body with the fuel needed for physical activity, but not all carbs are equal. Learn why good carbs made from whole grains are healthier than bad carbs such as enriched white flour.

This short ebook takes a look at simple and complex carbohydrates, artificial sweeteners, the role of sugars, and how to curb sugar cravings in an easy to understand manner.

Knowing which carbs are good and bad will help you lead a healthier life and possibly help you avoid diseases such as diabetes. Your outlook on "Carbs" will never be the same.

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