

## **Ask the Doctor: May...4/25/16**

**“Carbs”:** The good news and the bad news.

Carbs have been much maligned in the past few years. Most of the criticism has been that high carb intake is associated with weight gain. Many “experts” claim that the key to weight loss is a diet low in carbohydrates.

Another common belief is that a high carb diet is associated with an increased risk of developing breast cancer. A recently reported study of 3,200 adults who were followed for 20 years, concluded that a high intake of sweets, especially sugary drinks, was associated with a 67% increase in the risk of developing breast cancer.

Women who ate “healthy carbs” such as beans, seeds (think Chia) and lentils were at lower risk of developing breast cancer.

These conclusions are consistent with a much larger study on nut consumption. The study (reported in the New England J. Medicine) was conducted over a period of 30 years and included more than 110,000 individuals. It did not seem to matter what type of nuts were consumed. Those who ate primarily peanuts had an equal benefit to those who ate mixed nuts

The study found that women who ate nuts had a lower incidence of cancer. Those women that ate the most nuts had the lowest mortality.

The study also found that the more nuts consumed the better the overall survival and the lower the rates of heart and lung disease in addition to the lower rates of cancer.

Another surprise was that the group with the highest consumption of nuts had the lowest average weight. How could this be true? After all, nuts are high in fats!

In addition to their high fat content nuts are also high in important nutrients. One of the major benefits of nuts is that they are high in fiber, which slows the rate of

absorption of the carbohydrate component of the nut. This lower rate of absorption means that there is a longer time interval before you become hungry again.

The problem with sugary drinks is that the sugar content is absorbed almost immediately. Insulin then drives the excess sugars into regions of the body where fat is stored (think cellulite). This leads to a drop in blood sugar and you are soon hungry again.

The same is true of bread and pasta made from wheat that has been processed. The processing removes most of the nutrients and all of the fiber. Because of this lack of fiber the carbs are quickly absorbed. Again, this means that the excess carbs will be transferred to fat stores and hunger will return more quickly.

The message should be clear. Eating the right kind of carbs helps with weight control and a lowering of breast cancer risk. If you need to snack, I suggest you switch to nuts. There is no other food that has been “proven” to protect you from breast cancer and help with weight control, suggest you pick your favorite nuts and a glass of water.

Although the authors failed to mention the one source of carbs that is associated with a lower risk of all types of cancer and with overall improved longevity. The “miracle” food is nuts. In a 30 year study of more than 110,000 individuals it was found that eating large amounts of nuts every week reduced cancer rates. The larger the amounts consumed the better the rates of survival.

Not only are nuts beneficial in terms of cancer risk, it was found that higher consumption of nuts was associated with a lower average rate.

Nuts contain carbohydrates, but also contain fiber. The natural fiber in nuts slow the absorption of the carbs just as the fiber in beans or the fiber in chia seeds.

The problem with sugary drinks is that the pure sugar is absorbed almost immediately. Insulin then directs the excess sugars to fat store and you are hungry again.

The same is true of bread and pasta, which is made from wheat that has been processed. The processing removes most of the nutrients and all the fiber. Thus, eating processed wheat (white flour) is almost the same as eating sugar.

The message is simple: get rid of sweets and processed carbs. Eat carbs that have not been refined. Get your carbs from nuts, beans and seeds. Not only will it help in weight control, it will reduce your risk of developing breast cancer.

High carb intake was not associated with an increased risk of developing breast cancer. The study did find that women with a high intake of sweets especially sugary drinks (snacked foods) had a higher risk of developing breast cancer.

“Good” carbs were 67 percent less likely to develop breast cancer. In particular, legumes like beans and lentils lowered patients’ overall risk of developing cancer by 32 percent.

Carbs get a bad rap when it comes to weight gain. Some studies in past suggested a possible correlation between high carb intake and the risk of developing breast cancer.

A new study of 3,200 U.S. adults followed for more than 20 years some clarity on the subject. High carb intake was not associated with an increased risk of developing breast cancer. The study did find that women with a high intake of sweets especially sugary drinks (snacked foods) had a higher risk of developing breast cancer.

The message for the study is clear. We need carbohydrates in our diet, but it is critical that we eat the right kinds of carbs. The study demonstrated that women whose diets emphasized healthy carbs -- vegetables, fruit, whole grains and legumes -- were 67 percent less likely to develop breast cancer, compared to women who favored refined carbs. Refined carbs include many baked goods, white bread and white potatoes.

Unfortunately, many of our favorite foods are the wrong kind of carbs. In addition to sweets being problem, other foods such as breads, pasta, white rice, potatoes are quickly turned into sugar shortly after being eaten. In essence, eating these foods is much like eating sugar.

If you were to pick one food .....it would be nuts....probably best of all foods based on a long term scientific study. Provides all nutrition you need...only food proven to help you live longer

New Study on “carbs” Good news bad news.

- Carbs: new study on relationship between carb and breast cancer demonstrates that carbs: (carbs are an important part of our diet) are not necessarily bad....be get a bad rap when it comes to weight gain.
- Carbohydrates have a rightful place in your diet. In fact, your body needs carbohydrates to function well. But some carbohydrates may be better for you than are others. Understand more about carbohydrates and how to choose healthy carbohydrates.
- Common sources: fruits, vegetables, nuts, grains, beans
- Unprocessed good...natural: