

EPISODE 3

[INTRODUCTION]

[0:00:01] AS: You know battling food and your body doesn't work. You want to love and accept yourself. And because you're insatiable, you want results too. And wouldn't you know, you bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on this beautiful and wondrous planet Earth.

Fair warning, it will be a rollercoaster. But for those insatiable, that's your prime time to thrive. We're here to say "YES!" to the hunger of wanting it all. I'm your co-host, Ali Shapiro, a health coach who helps people end the losing battle of dieting and find a truce with food.

[0:00:44] JB: And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[EPISODE]

[0:00:52] JB: Episode 3, good carbs versus bad carbs. I don't know about you guys but I used to be majorly carbo-phobic. There is so much negative attention surrounding carbs in the health and fitness world that most of us think just by looking at a bagel, we gain five pounds. In today's episode, we discussed the good, bad and ugly of carbs and clear up your confusion once and for all. Exciting Ali, are you there?

[0:01:16] AS: I am and just you talking about good carbs and bad carbs, it's funny. I was heading to update my website. I updated my "about page" and to do it, I wanted to go back and put myself in the place of when I was struggling with food and so I went back and read my journals from 1999 and 2000 and like oh my God, it was so much worse than I remember.

My journals really turned into food diaries and how much I hated carbs and all of the stuff. Yet when I looked at my food diary, I had this recollection that I was eating relatively healthy except for a couple of items. Oh my god, I wasn't eating health at all Juliet and it was all because of carbs.

[0:02:03] JB: Really? It's so funny that you say that. You are reminding me of food journals that time in my life mostly on my high school and college and I can't even look at them anymore because they make me so sad inside. It's like I'm reading somebody else's journal. I don't know if you feel the same way but it's like "Today, I ate this and I feel so bad and now I need to go run on the treadmill." It's just like, "Oh my God, it's so depressing."

[0:02:28] AS: I know and it's so funny too because I was talking to one of my really good friends in college afterwards and I was like, "Hey, check out my new "about" page" and she texted me and she was like, "Oh my God, it was so funny and it so describes you." And she goes, "What's funny is," because I live in a lot of places in my 20's.

She's like, "I never remember your weight", she goes, "I remember all the fun things we did, all the neat places you traveled and I had no idea. I knew you cared about your weight but I didn't know that you struggled so much." And I wrote back there and I said, "I know, that's what's crazy." We were great friends and she would never judge me but it was this private life that even though I felt I talked about it all the time, I didn't share how crazy I was except in my journal and it was so sad for her. I bet she was like a lot of people who never remember what I weighed back then but it was all I could think about.

[0:02:25] JB: I think that for most people, it is a really private topic for most people. It feels really personal and it feels really judgmental towards yourself and then you don't want other people to judge you for it and you feel a little bit crazy. So I think that a lot of people out there that's how they feel. They don't want to talk about it.

Even when I have counselling sessions with people, I feel like the magician pulling the scarf out. It's like okay, I'll pull a little bit out and then a little bit more and then it all comes out eventually but it takes a little caressing for someone to really feel comfortable enough to talk about their battle with food.

[0:04:02] AS: Totally, I was with a client yesterday and it was only our second session. She said to me — I had people fill out a food journal but it's not the food journal I was filling out and

getting no results. It was more about how do you feel in your body instead of the mental definition of good and she's like, "You know, I was hesitant to lie to you."

But then I was like, "That's not going to help me. It's not going to help you help me." And I was like, "I'm so glad you shared that. You're not the exception just so you know." But yeah, it's something that's very hard even if you're paying and wanting the support. It feels like such a shame.

[0:04:44] JB: Do you find that people lie to you when they recall what their eating and how their doing? Can you see through that a little bit?

[0:04:53] AS: What I find and this is often a pattern that I do is, they don't lie but they stop tracking at all like, "Oh, I just got busy," and when I look at their journal, there were weeks missing and then their first entry would be like, "Okay, I'm back from the insanity." :ike what just happened? I find people think like, "Oh, you know food worked when I was tracking it but then I stopped tracking it so now it's not working."

I'm like, "Well there is a reason you stopped tracking it," and you have to make sure you are measuring the right things which I'm so glad we're talking about good carbs, bad carbs today because I think it brings up what are we measuring but before we get to that, what's up in your world?

[0:05:35] JB: I think I told you this earlier before we got on the call that I felt like its Thursday since Monday. I've been convinced that it's a Thursday. It's just that this week has been going by really fast. I think with all of the holidays coming up, clients are just desperate to get their appointments in last minute. Our gym is crazy.

We're so nervous for New Year's right now because our studios are so packed and New Year's is always the busiest time for fitness that we don't even know what we're going to do during the New Year's because people are probably not going to be able to get into classes. That's going to be a whole big thing so there's a little stress going on.

[0:06:10] AS: Yeah, well I think it's great though that people aren't just saying, "Hey, see you in the New Year," and try to spend the whole winter undoing the holiday period so that's great. I've had a lot of people in December this year which is normally a little bit quiet except for existing clients. It sounds like people are starting to realize this is something that you have to exercise and food is something that you have to integrate into everyday life not just periods of time.

[0:06:38] JB: I also think the weather it's been so abnormally warm for this time of year that people aren't in hibernation yet. They're still in the mindset of "we can go out and walk around in flip flops and a t-shirt". So it's getting to the gym, eating cleaner foods, not eating heavy foods yet the hibernation period hasn't started so I think that's also part of it.

[0:07:01] AS: Oh my God, you're so right and I think that is such a problem with carbs we don't realize is that carbs often mimic the serotonin lift we don't feel we're getting when it's cold and dark out. Let's talk about that. I'm going to let you kick this off because I think especially from a training perspective, you have such a precise view on carbs.

So I would love to hear, how many carbs — and I don't count specific carbs for people because they are not in training. But like how do you approach carbs with your clients? Or should we even start with how do you decide with a good or bad carb is? What do you think is the best?

[0:07:45] JB: Yeah, I usually will spend one full session with a client on carbohydrates because I do think that there is so much tension around the word carb and most of the time, people don't even realize what a carb really is, how are you defining a carb. My favorite thing to tell people is that vegetables are carbohydrates. They're like, "Oh my God, vegetables?"

I'm like, "Yeah, vegetables are carbohydrates." So you cannot escape carbohydrates. You can't be on a no-carb or even really a low carb diet if you're going to be eating clean and healthy. I will usually go over what carbohydrates are first starting with dividing them up really simply for people. You don't need to be talking a bunch of medical and scientific jargon.

I think that if you can just remember it really simply that there's simple carbs and there's complex carbs and kind of vegetables are almost in their — I almost think of vegetables are

almost in their own category. They're micronutrients, right? I consider them something almost like their own magical category vegetables are in my world.

Simple carbs, complex carbs. Simple, I always equate to it being something that is fast burning carbohydrate, something with fast sugars in it so processed foods are going to be simple carbohydrates. Any kind of processed carbohydrate. So we're talking about breads, pastas, any kind of processed cracker, cake, pastry, muffin and all of that stuff and then fruit is also a simple carbohydrate.

People will always be like, "Wait a minute, you just put fruit and a scone in the same category. That's scary." And we'll talk more about that later. I don't know about you Ali but I think there's a lot to say about fruit and my clients often ask, "Should I be eating this much fruit?" are you getting that same thing?

[0:09:39] AS: Yeah, a little bit and I actually tell them it's fine but I really encourage people who want to lose weight in a healthy way to not have fruit at breakfast because it sets up your blood sugar, which we talked about in episode two. It sets up your hunger differently all day. I think if they like fruit, by all means but I really encourage people to get it in season because apples in the middle of winter are, well, we don't know where they're getting them but if they really want that sweetness, make sure it's in season because then you're going to get what you want.

[0:10:20] JB: Yeah, well there's nothing worse than getting a piece of fruit that isn't ripe and in season. It isn't good because it doesn't even do the trick and it's a waste of sugar that you just ate.

[0:10:31] AS: Totally, I want to back up for a second though because you were saying in terms of simple carbs because you think of them a little bit differently than I do, which is just so interesting. That's why I love that we're doing this podcast together because I would consider both of us experts in our field and we look at them very differently.

I mean not very differently but how we approach them and you were saying like pastas and that kind of stuff. How do you feel, like I always tell my clients to look for the 100% whole grain label,

not just whole grain but 100% whole grain and if they can get something that has three or four grams of fibre and no sugar added, then it really is a useful or a healthy carb as I would call it.

[0:11:14] JB: 100% agree with you. So when I'm talking about more simple carbs versus complex, let's take something like 100% whole grain versus whole wheat. When we're talking about bread for example, a wheat bread is going to have a lot less fibre in it and it's going to contain a lot more sugar than something that's a 100% whole grain. So they're completely different categories.

So I would always tell someone to look for that label on there and I won't get into this more with you, my gluten queen but I'm going to have you talk about gluten because that's definitely your forte. So Ali will get to talk to you guys about gluten-free and what that all means. But with complex carbohydrates, you are looking for more of that fibre content.

So beans, 100% whole grain, other grains, so brown rice, quinoa and there are certain products — I'm not saying that you have to cut out processed food altogether because when we say the word processed, what does that mean right? I feel like it means a multitude of things like anything that's made in a factory is processed, right?

[0:12:25] AS: Yeah, I'm glad you said that because I had a client yesterday. We were working on switching up her macronutrients for lunch. She was like, "What about the roll?" And to your point, I was like, "Well, a lot of rolls when you're going to the corner bakery or these places because they know what consumers want to look for whole wheat or multigrain, they have a lot of sugar added to them."

I was saying to her, "Go for a piece of really good sourdough bread that's probably going to be less processed than a generic wheat roll" and she's like, "How did you know that?" I'm like, "Oh, that's such a great question." It's from looking at ingredients. I know a Panera, you can ask them and they have an ingredient list for all of their foods but I think it's important for everyone to realize that we have to do the research just like everyone else. There is no standard bread that comes out of the bread sky or bread heaven.

[0:13:22] JB: Yeah, if you go down a bread aisle, there's a 100 plus different kinds of bread so it is really hard. One thing that you want to look for is the expiration date. The further the expiration date on something like that, like a piece of bread, usually the more processed it is. It has a lot of artificial ingredients that's going to keep it fresh longer versus something like a sourdough bread or a really good 100% whole grain bread, it's going to mold after a week if you leave it out on the counter.

So that's really a good indicator that that's something that's less processed but there is no like, "this is processed, this isn't" you have to do your research and know and ask. You have to become curious about food and Google things and ask you're going to be frequent at the same places a lot. So it's not like you're going to be doing this all the time but in the beginning, you should educate and know what you're eating.

[0:14:16] AS: Yeah and that is such a great point. A client that I was with earlier this week was like, "You know everyone's been asking me how's it going working with you and I just told them the biggest thing is that I'm unlearning so much stuff that I thought was healthy." And I said, "Yeah," and she's like, "I'm just looking at different things now."

She's in shock but she sent me her non-dairy creamer that she's like, "I just have a little bit," but when I said, "Let's take a look at the label. Most of those have four grams of sugar per tablespoon and four grams of sugar is the equivalent of a sugar packet." And she sent me an e-mail back that she had taken a picture of her creamer.

She's like, "Oh my God!" Because one tablespoon of creamer when you think you're putting in a little bit, you're probably only putting in three or four tablespoons which is not that much but that's four packets of sugar. And she was like, "Oh my God, I thought this was neutral not good or bad." And so I'm helping her get into practice of looking at those not carbs for carbs' sake but the sugar added.

The sugar alcohols, all of those things that you said are simple carbs and have her see that. To your point of across brands, it ranges so widely. I think a lot of people think they're supposed to know this stuff and so they don't ask but you just have to be comfortable asking and trust me, you're not the only one asking. I will say though that often time to eliminate something

overwhelmed with clients really do if they aren't gluten sensitive or intolerant or celiac, I recommend Ezekiel bread or any kind of sprouted bread because it does a lot of the guess work out of things.

A lot of people like the texture off the bat. Some people have to work their way up to it but if you're someone who's nervous at being this detective thing in a good way, I think the Ezekiel bread brand which is in the freezer section because to Juliet's point, it has nutrients that are going to spoil like fibre so you need to preserve it. Yeah, you can skip the bread isle right?

[0:16:25] JB: Skip the bread isle unless there's a fresh bakery where you're going and they're making the bread fresh there, then it might be worth taking a look.

[0:16:33] AS: That's a good point, yes but don't be afraid to ask and hey, this is the era of the foodie. Everyone wants to know where their food comes from. I think a lot of times my clients are afraid to ask and I just wrote two pieces on this on self-conscious eating. They don't want to appear high maintenance, they don't want to look like they're on a diet, all this stuff but realize you're spending money on this stuff. People in the grocery store especially Whole Foods, they're so knowledgeable. They're actually paid and educated to help you make the experience better and once you do it a couple of times, you won't have to do it again.

[0:17:09] JB: Yeah, the people who work at Whole Foods love talking to me because nobody talks to them and I'll be on the supplement isle and I'll just be like, "Hey, let's talk supplements and let's talk about this," and they'll talk my head off for about an hour. It's like, "Oh, you're one of the most interesting people I've talked to all day".

[0:17:28] AS: I know, I know, I know.

[0:17:30] JB: Yeah, so remind me Ali for us to talk about sugar alcohols because that is a subject that's been coming up more and more lately with my clients and having things that are "sugar-free" but they have sugar alcohols in them. Things like protein bars, certain ice creams that are even non-dairy like there's coconut ice creams out there that are sugar free now. A lot of the chocolates that are maybe Stevia but they are also made with sugar alcohol so remind me to talk about that in a little bit but we'll circle back to that.

[0:18:07] AS: Yeah, we totally have to because the food diary that I looked at was all sugar-free pudding, sugar-free this, zone bar and I'm like, "I can't believe I ate sugar alcohol." You know what I mean? But I was because I was like, "Oh sugar-free," trying to be healthy right? So yeah, we should definitely talk about that.

[0:18:24] JB: Yeah, definitely. I had a client yesterday who realized after looking at her food journal, "Wow, I don't eat a lot of real food. All of this food that I'm eating is pseudo healthy. It says healthy on the package in some way so it's reigning me in and it's exciting because I'm like, "Oh I get to eat that and it won't make me gain weight." But at the end of the day, am I actually doing good for my body? Is this healthy for me?"

She's like, "I wouldn't feed this to my one year son so why am I feeding it to myself?" And I'm like, "That's a great point there," and I said to her, "I need you to think about that every time because if you're not going to feed your son this food, then you probably shouldn't feed yourself this food." So all of you who have children out there, if you're not feeding them the food, don't eat the food yourself.

[0:19:11] AS: Yeah so Juliet, you train athletes or people who are working at Unite, that's a really intense workout, what do you think the different percentages are for people who are more sedentary like me? Even though I work out and I'm relatively active or at least working on it but I am not doing any kind of training. I can't even pretend that this is what I do is training. How do you approach that because you have a different range of clients?

[0:19:36] JB: Well, I definitely think that everybody is different. When we talked about blood sugar in our last episode, you have to start paying attention to your blood sugar because if you had sensitive blood sugar, then you probably have some sort of carbohydrate sensitivity. You have to be a little careful about eating as many carbohydrates.

You have to do a little experimentation with foods. I don't know if you still do this Ali but I do this sometimes with clients where I will give them like an experiment with, "Okay, try this for breakfast, try that for breakfast, record how you feel after you eat it," to see how their blood sugar is doing. So you can try some different foods out for a little while.

Some that are higher carbs, some that are more protein, some trick with more fat and record which one made you feel full longer, which one made you feel more stable and energized, those kinds of things but for somebody who sedentary, I will usually put them on, I never call anything a low carb diet because everybody is eating carbs.

But I will put them somewhere on a 30 to 40% of the caloric intake. It depends on someone's age, height, size and all of that. I do use a BMR calculator to decipher how many calories somebody needs in a day at least and all of these ranges, right? But I'll use that to then determine how many grams of carbohydrates they need.

If someone is sedentary, I usually give them 30 to 40% coming from carbohydrates. If somebody is more active, let's say they're going to the gym three to five times per week, they're doing intense spinning classes or a lot of cardio or weights, I'll usually do more like 40 to 50% coming from carbohydrates.

Then if somebody is a marathoner or they're doing more endurance work, they're doing triathlon, I'll put them more on a 50 to 60%. I've never really gone above 60% because you need to have fat and protein as well. Your three macronutrients that your body needs are protein, carbs and fat so you have to make sure that you are getting all of those. So that kind of answers your question?

[0:21:42] AS: Yeah, I do something similar. There was a study that came out recently that talked about and I forgot where it was done right now but these researchers studied, it was like 800 people and they realized, and this is shocking to the medical community but you and I not to pat ourselves on the back, as I always say it's so hard being ahead of your time.

But the researchers found that different foods affected different people's blood sugar levels differently. Like tomatoes, with one person that does nothing to raise their blood sugar levels and someone else's it does a lot. So what I do is what you said from an experiment and this is what I teach in my Curb Your Afternoon Cravings program is get people to know if they're a slow or fast burner.

Meaning fast burners do better with more protein, protein and fat centric meals where slow burners do better with the lighter proteins but more carbohydrates. And so, that's how I help people start to see what actually works for them because even though everyone's different, there are certain foundational things.

So like I am someone who is a fast burner meaning I have a fast metabolism. That does not mean that I am thin. Everyone thinks that fast metabolizers are thin and can eat whatever they want. It actually just means I need thicker proteins.

[0:23:02] JB: So when you're working with clients, you determine whether they're fast or slow burner. So you're really working with what their blood sugar is to then determine what kind of carbohydrates they need, how many carbohydrates they need and I'm not someone to make somebody count calories, log their food all the time, I really want this to be an intuitive process.

In the beginning, I will sometimes use an app to have them see how many grams of carbohydrates they're getting just to make them aware of things, just to educate and I would preface it by saying, "This is not something I want you to do for a long period of time. This is really just educational and don't worry so much about the numbers. It's for us to look at and for you to learn and really open up your eyes to what carbohydrates are what and how much you're getting or maybe you need more, maybe you need less," and all of that stuff.

[0:23:58] AS: Well you bring up such a great point. When people say intuitive eating, I think sometimes what people hear is, "Oh my God, is that eating whatever I feel like," but intuition and we talked about this on the blood sugar episode — we are having a lot of overlap. Intuition is based on patterns and your blood sugar is a pattern. To your point, maybe they need more carbs.

I have clients who will sometimes even though we talked about adding carbs at lunch, they try to skip them and then at 3 o'clock, they're like, "Oh I just had this huge bag of potato chips." I'm like, "That's because you skipped the carbs at noon!" And we laugh about it and it's much more of a learning environment than like, "What are you doing?" But when you pay attention like you're talking about, you start to intuitively know like, "Okay, I definitely need that carb at lunch otherwise I'm going to crash three hours later."

And one of the things that I thought was really interesting is, you were telling me, in the afternoon is often when a lot of people get cravings for carbs. This is when they spiral out of control or ruin their diet as my clients would say in the beginning of us working together, language does change.

[0:25:04] JB: It's very imminent, when someone's in the thick of it with feeling guilty with food, everything is like, "I feel so bad. I was so bad today. I have to get back on track, oh my God," right? Very much like imminent, so much stress.

[0:25:21] AS: Right, right. But you were talking about the brain at the afternoon. We really need our brain power and you were telling me about how important carbs are for the brain which I agree with it and I love for you to share that.

[0:25:33] JB: Yeah, our brain runs off of glucose. No matter how you look at it, your brain is running off of carbohydrates. So you have to have a certain level. There are a lot of diets out there which are very minimal carbohydrate diets where your body is creating ketones to run off of which your brain converts for fuel but at the end of the day, no matter what because you are eating vegetables and minimal carbohydrates, you need to have at least 30 grams just to function. And really, if you're not doing some crazy diet plan which I don't recommend doing a diet like that unless you have some major reason.

[0:26:16] AS: Autoimmune.

[0:26:17] JB: Autoimmune also there had been a lot of studies to show that being in ketosis helps with autism and any other kind of neurological disorder but the researchers are still doing a lot of research on that. But for just us regular folks, I don't think you need to go that route. It's a lot of stress to do that for yourself. It takes a lot out of you.

[0:26:43] AS: So what does 30 grams look like? Because I do not count grams or anything, so I'm like, "What does 30 grams look like?"

[0:26:50] JB: Two slices of Ezekiel bread, that is 30 grams right there. But you know, there's also insoluble fibre in that bread so as far as your net carbs which your body is actually utilizing for brain power is probably less than 30 grams with a bread like that. But let's use a banana for example because that's about 30 grams of carbs and the banana has very minimal fibre that your body isn't using. It's mostly sugars from a banana so let's take one banana has all your carbs for the day.

[0:27:26] AS: Really?

[0:27:27] JB: Yeah.

[0:27:28] AS: Oh my God, I don't really like bananas so I'm just surprised. That's really interesting to me.

[0:27:33] JB: But that's really low on that right there of 30 grams. That's extreme and you'd better be eating a lot of fat in your diet to make up for that, to convert for fuel and energy because carbohydrates, our bodies are designed — that's your main source of brain energy and body energy to produce the ability to walk around and function and breath and move, you know what I mean?

[0:27:58] AS: We're going to have to do a whole episode on fats because I am running this clean eating reboot which is completely free and we're having a Facebook group and there's fats in it and one of the participants was like, "Oh my God, avocados are my new best friend and then I forgot about banana bread and my ice cream this week having these fats."

This prompted a discussion and someone was like, "Oh my God, I've added fats into my diet since May and I haven't gained any weight. It really works," and this person in the group was like, "No, I get it. I was actually at my lowest weight," she was a high fat vegan and she was saying, "But the prep became so much." And in my mind it was probably the fat not the bean vegan that helped.

But she was saying that she understands on a philosophical level that fat is healthy but she was using sugar alcohols and I would love to talk about this now because she was afraid of the

calories. Even though she had had the physical experience of being at her lowest weight when she had more fat in there, that fear of, “Well I’m going to have to eat less and I can’t control myself around food” then prevents people from “Okay, so I need 30 grams.”

What I feel like a lot of people will listen to and I’m putting myself back to where if I were me 12 years ago, “Oh my God, 30 grams, alright two pieces of Ezekiel bread and then I’m not going to add the fat,” and even though I hear people telling me, “No, I’m not doing that,” and then I’m going to crave more carbs because I don’t have the fat.

[0:29:31] JB: Well, let’s just backtrack a little bit because 30 grams is, like I was saying, really, really really a minimum for your brain to be functioning. If you want to just have a minimum brain function which is who wants it? We don’t want minimum brain function.

[0:29:44] AS: We have enough people out in the world with that going on.

[0:29:48] JB: Exactly. So you need more than that, how much do you really need? And like I said, it’s totally dependent on how much activity you’ve got going on but honestly, if you’re someone who isn’t extremely active meaning you exercise recreationally a few days a week or maybe you don’t even exercise, you can have the carbs with every meal.

It’s all about the quantity and the quality of the carbohydrates that you’re having to keep your blood sugar stabilized and balanced and with food combining meaning, typically when we’re eating a meal we’re not just eating one thing. We’re not just having a bowl of rice for a meal and if you are, let’s change that up a little bit, let’s have a bowl of rice with some avocado or with some protein in there.

Make it a balanced meal and if you’re doing that for every major meal, then your blood sugar is going to be stabilized and your metabolism is going to be functioning much more efficiently.

[0:30:45] AS: I love it.

[0:30:47] JB: So you can have carbs at every meal. It’s like the best thing ever. I love carbs.

[0:30:51] AS: Well, yeah and to get back to what you kicked off with, if we're going to divide things, I don't like saying things good or bad because I even think like sugar, I have sugar sometimes. I don't care and I do it so that my blood sugar is balanced and I don't do it a lot but I feel like the healthiest people can moderate not the people who are like, "I've been sugar-free for five years," because you know all they're doing is thinking about sugar.

But to your point about simple versus complex or unhealthy versus healthy, I think it's important to realize that what really sabotages you is the refined carbs. It's the sugar alcohols which I love for you to talk about before I get to gluten but it's the refined carbs. It's not the carbs like the rice, the quinoa, the millet, the buck wheat, the sourdough, the Ezekiel, no one is going to town on that.

[0:31:43] JB: Unless you deprive yourself of carbs for a very long time and in your mind, carbs is a no-no then any kind of carbohydrate I think even if it's a bowl of brown rice can be a triggering food. That has to be addressed with how much depriving have you been doing where basically anytime you get around carbohydrates, you're just like, "Oh my God" or any forbidden food, right?

It's what you want but you can't have but you're right, mostly our brains aren't designed to be like, "Oh my God, I can't get enough of this brown rice. It's so addicting. The dopamine in my brain is just off the charts" because when you are having refined carbohydrates things that convert to sugar really fast, people will often say, "I'm addicted to sugar". I do get that a lot when people come to you, "I'm addicted to sugar".

[0:32:40] AS: Well, "I just love it. I just love it" and I'm like, "You don't love it. Your body is starving and then there's some emotional stuff we need to work on" but I won't be able to enjoy it in moderation but yeah, I hear that a lot. A lot and again, usually they're not eating enough fat or whatever but the carbs that they love, it's almost like an over correction because to your point, they're not getting enough that they need.

I always tell my clients, "Your brain is a glucose hog and if you're not giving that, you will not over correct with the more extreme" to your point like the potato chips and the sugars that light up those dopamine pleasure receptors and food companies know that. I mean they've spend

billions to engineer, to hijack your biology. So I think of it as like, "Fighting them by eating whole grains" right?

[0:33:33] JB: I do think that sugar addiction is a buzz worthy thing right now. You are seeing that more and more.

[0:30:45] AS: We got to do an episode on that and how it's not true.

JB: Yeah, sugar addiction right? If you think you're addicted to sugar, I won't say it. Addiction is a really strong word but I would say there's a mild dependency possibly that your body has been running off of that you can work on with again not depriving yourself and eating more whole grains and just allowing carbohydrates back in your life in a really healthy balanced way.

But getting back to the things that are really triggering, so sugar alcohols, artificial sweeteners and why am I putting these things in the same category? Artificial sweeteners is something like an aspartame that's in a diet soda. Let's take a nutrition bar like a Quest Bar, those are really popular protein bars in my field and the sugar alcohol and the aspartame are very different things but they are doing the same thing to your blood sugar.

So what are they doing to your blood sugar? Raising your blood sugar right? Creating an insulin slide. It's the same thing. You are detecting sweet on your tongue, your brain is detecting sweet in your body which is then producing it and Insulin response. A little bit different than sugar and that the aspartame or any other kind of artificial sweeteners chemicals.

There's a whole other slew of live would be bad for your health but with sugar alcohols, they can be more naturally derived they can be derived from plants so you would think, "Oh, well it's a plant derivative so it should be healthy for me but in fact, it's really doing the same thing that any kind of sugar is doing to you which is just making you go on a blood sugar roller coaster ride. Do you agree Ali?

AS: I totally agree and I think what you're bringing up is that food companies know consumers think of food as a mental game. I used to think like this, "Oh this is free" this doesn't really count. Sugar free doesn't count but your body, blood sugar and carbs and how nutrition is really a

biological game. So it doesn't matter what the food company thinks as the selling point of their product.

It's like, "What's the selling point to your body?" and from a blood sugar's perspective, yeah not only does it spike your blood sugar but then your body also thinks, "Oh, food's coming and it doesn't recognize artificial sweeteners or sugar alcohol so you start putting some stomach acid and your hunger goes up because it's like, "Um, where's the food?" and that doesn't even touch on how especially artificial sweeteners interfere with your gut biome.

Also, the serotonin production in your gut. There's this whole systemic, it's almost throwing a pebble into the water and then having this ricochet like a ripple effect. Also, too I work with a lot of people who have mood or gut issue and they don't realize that those sugar alcohols are also causing a lot of bloating which then causes a lot of anxiety because you have all your neurotransmitters down there in your gut.

I try to stir people away from them for sure but then I also like to give them some alternatives like the coconut sugar and we'll have to do a whole episode on sugar because we can really drill down good and bad carbs but definitely giving them foods as they start to feel better because you cannot just eat sugar or whatever.

I think on the other side of that though and not related to sugar alcohols but I was working with another client with these bars that you were talking about. She's like, "Are Larabars healthy?" and she's a fast burner. That's what we figured out in our work together out I said, "I want you to look at the sugar content of a Larabar. Yes, it's all natural right but its dried fruit" so the fibre to your point is gone.

We were talking about fibre and I said, "If you think again, four grams of sugar is a sugar packet". She was like, "Oh my God". I said, "Now someone who is a slow burner and has a higher carbohydrate tolerance may be able to handle this a little bit better but you're going to do much better with kind bar where there's low sugar." Most of the kind bars are under five grams of sugar and it's real protein and not some stuff like that.

[0:37:55] JB: And there's fibr in there.

[0:37:57] AS: And there's total fibre, yeah and the sweetener is honey which I read the book of the founder. Did you know honey preserves nuts longer? I was like, "That's genius!"

[0:38:06] JB: I didn't know that.

[0:38:07] AS: Yeah so I guess I kind of skipped from sugar alcohols to these bars but I think a lot of these bars that people think are healthy which is the same like juicing and smoothies. I was looking at Blue Print Cleanse and I don't know what the issue is on — I know on TV you can't say bad things about brands but it's our podcast but if you look at Blue Print Cleanse whether you think it's good or bad, some of their juices have over 50 grams of sugar in them with no fibre.

[0:38:38] JB: More than a Coca-Cola.

[0:38:40] AS: Yeah, so I think we have this age of where companies are giving consumers what they think consumers want but consumers don't know what they want because of this mental game where your body is operating on a biological game and it needs healthy carbs not these, the word that comes to mind is yuppie carbs.

[0:39:02] JB: That is very true and I'll use myself as an example. None of us are perfect with food and we could always upgrade what we're doing. Myself included, I know Ali included, anybody in the health and fitness world, we're just like you. We're trying to navigate our own bodies to figure out what's best for us. I myself have been eating quest bars for probably the better part of the last year.

They are a newer bar in the market and I read the nutrition facts and it's whey protein and it's on the label. It's four grams of net carbs and it's mostly protein and it's made of Stevia. It's also made of Erythritol, which is a sugar alcohol. So it's not really sugar free and how my body is reacting to it and I would have one after I work out because it was something really easy for me to do in between working with a client and not having a lot of time to eat a full meal or sit down.

Sometimes I really have it on the go and I would get hungry an hour later and I know this. I work with my clients. I say, "If you're hungry an hour after you ate something, you probably didn't eat enough food," which is part of it. It's not that many calories. "Or your blood sugar just sky rocketed and then drop." That's the sugar alcohols right there.

Also protein like that in a power form where is not coming from nuts or real food like meat where your body is not having to break it down and actually digest it is going to make you pretty hungry pretty quickly like protein shakes and that kind of thing.

[0:40:42] AS: Oh my God, I'm so glad you said that because we're going to have to do an episode on proteins too.

[0:40:50] JB: Well break down all your macronutrients for you guys. You will be set for the rest of your life.

[0:40:56] AS: Yeah, exactly. Well, until your body changes which it does. No, I don't want to confuse more people. I think the general gist is what I hope people are understanding is that food companies will capitalize on what's trendy and exploit that. I have actually lost media opportunities because sometimes I give some of the same examples of healthy foods and they're like, "Well that's not new". I'm like, "Well real food is never going to change".

[0:41:25] JB: It's not going to be new.

[0:41:26] AS: The food we have from nature, there's so much of it even most of us eat and this is one thing I need to work on is variety. I have the same routine that I eat. There is some variety but not a lot but you have to think about health as opposite day. If you want real food, you don't go to a grocery store. You go to your farmers market or your garden.

But good carbohydrates are good when they are in their purest form which just means the rice that you eat, risotto that you eat, quinoa, pastas and stuff as long as they have that 100% whole grain and then we'll do an episode on sugars.

[0:42:08] JB: Well have you been eating bean pasta?

[0:42:12] AS: I haven't.

[0:41:15] JB: OMG, it's my favorite thing ever right now. They have black bean pasta in most grocery stores and the ingredients are black beans. That's it. So they ground down black beans into a flour and made pasta of it. The fibre content is off the chart, it's about 20 something grams of protein per serving because it's coming from the beans and it's my new favorite things to eat. So if you see bean pasta out there, definitely give it a try.

[0:42:40] AS: That's amazing, my new favorite thing to eat and it was part of the clean eating reboot is black rice. It has more fibre and protein than regular rice and it's so filling. It's so good.

[0:42:53] JB: They serve black rice at one restaurant.

[0:42:56] AS: Agno in Philly, yeah.

[0:42:57] JB: I know. Shout out to Agno for your black rice. It's funny, I took my mom there to eat and she goes, "Black rice, what is this?" and she was like, "Is this real? Did they die this rice?"

[0:43:12] AS: I know and the fibre content is off the charts and so is the protein content but yeah, if you're new to this stick to the bulk. Go to Whole Foods and go to the bulk food section or if you have a coop near you or something, go to the bulk food section and you will see how many wonderful carbohydrate choices that you do have and when you're out, look for the 100% whole grain roll or sourdough instead of multi grain or whole grain because when they say that, it means that it is usually code for "sugar added and fibre removed." I think that's a great place to start and to Juliet's point, you need at least two pieces of equivalent of Ezekiel bread and a banana if you like them.

[0:44:01] JB: Yeah, you need carbs to function. You'll feel better, you're cravings will go down for things like sweets and then the other kinds of refined carbohydrates. If you're giving yourself complex carbohydrates because your brain will be getting enough glucose to fuel you and not give you cravings because usually when you have a craving, a lot of times it means that you are

lacking some sort of nutrients and sometimes, one of the major macronutrients will make you crave more carbohydrates.

So just take a look in your diet and see where are you carbo-phobic if you are at all like I was at one point. Look at the bars that you're eating, look at the products you're eating, see if they have sugar alcohols in them. Are you eating real food? And if you aren't try to adjust that and start to eat some real food.

[0:44:52] AS: Yeah and often I find clients and they're doing this unconsciously and again, it was something that I myself was totally did but we're always looking for the next new thing or the shiny thing because eating real foods takes fundamentally more effort at first. You have to learn to cook a few things. You have to find different things. It takes more effort upfront to just accept that it's like, "I have to cook my rice," or whatever it is rather than just going for the pirate booty.

[0:45:23] JB: Yeah.

[0:45:27] AS: There are even healthy whole grain choices like that or even figuring out your blood sugar in general. There is no way around it. It takes more work upfront. It takes experimenting a little bit. It takes willing to be uncertain for a little bit but you will save so much time in the long run but all of this stuff, food should be simple. If it's becoming more complex, then you're probably on, I don't want to say the wrong path, but you're probably not headed on a productive path.

[0:45:55] JB: Or just probably being very overwhelmed by all the things that you're reading and all the articles and all of the magazines, so you know what? It's overwhelming.

[0:46:06] AS: It is.

[0:46:07] JB: But one thing that I was thinking about Ali just on the side note is every January with our studios, we do a "Carb Cleanse", we call it and in my carb cleanse that I give people, there are carbs on it and people are like, "Wait a minute, why am I eating carbs on a carb cleanse?" And I'm like, "Because you're cleansing yourself from eating refined carbohydrates

coming from all the holidays, Thanksgiving, Hanukkah, Christmas, Balakas and the mash potatoes and the breads and the cakes and the pies.

You're coming off of that and I want you to focus on eating a real whole grain and vegetable carbohydrates and they experience weight loss, they experience feeling lighter, less bloated and they're still eating carbs but I do call it a carb cleanse which is so ironic. I'm like, "You're eating carbs at a carb cleanse".

[0:47:01] AS: We should put that on the show notes that people want to join or participate. So we'll put that on the show notes and one thing that I'm looking as we talk about this episode, you said that paleo they're now allowing white rice. I had no idea.

[0:47:15] JB: I know. Well I don't have anything negative to say about the paleo diet. It is what it is. I'm not an expert on the paleo diet but paleo has definitely changed over the years from being something where they didn't allow you to have any kind of grains at all to now they're saying, "White rice is perfectly acceptable," and they're actually condoning it especially for the athlete for needing some fast burning carbohydrates to give you some good source of fuel. I don't know about you but white rice I think is fine as long as it's not bleached Chinese food white rice like a weight loss muddy rice and all of that. That's a natural kind of rice.

[0:48:01] AS: I've told clients that they can eat that because especially Whole Foods in their freezer section, they have pre-made white rice and brown rice. It's not instant. Instant rice usually means the fibre has been taken out which is why it can cook so quickly but it's whole grain rice pre-made and they're like, "I can eat white rice?"

I'm like, "When you look at the fibre content between white and brown rice, it's one gram difference." As long as you have your healthy fats with this, it's going to be fine. I'm like, "Yes" and again, they're a little bit skeptical until they eat it and then they feel better and then the proof is in the non-sugar free pudding gets it.

[0:48:38] JB: Yeah, that opens up another option for you. White rice and brown rice have completely different tastes, completely different textures so it's like eating two different kinds of

foods. How amazing is it that you have the option to be like, “Do I want white rice tonight or do I want brown rice tonight?”

[0:48:56] AS: I know and white rice goes so much better with Indian food which I love.

[0:48:59] JB: I know you love Indian Food. Ali can eat Indian food together very well.

[0:49:05] AS: I love it. I want to say a little bit about gluten. We’re at 50 minutes. We can do a whole other episode on it but is gluten good or bad? The basic answer is it depends which is oh so annoying. I know. Here is how I approach it with clients. When I am looking at their health history first, I am looking for a bunch of different things.

I’m really good at connecting dots and asking questions that none of their other providers have asked them but what I really look for is if there’s any sort of inflammation, mood issues, family history of autoimmune that led to death and that they’re not experiencing hair loss or joint pain that won’t heal, arthritis, any of that kind of stuff.

I’m always looking at is gluten good or bad from a health perspective. For the general population, I think it can feel very extreme to eliminate gluten. So what I recommend to people is sticking to the grains that have less gluten in them. That is, I mention is sourdough earlier. The fermentation process of sourdough starts to breakdown the gluten in bread making it easier on your digestive system.

So I really recommend that. I recommend rye. Rye has less gluten than wheat does and we could do a whole thing on how wheat has been “Frankenfried” and not quite the same amber waves of grain we use to sing about in elementary school if you’re listening to this in America or if you live in the United States of America. So rye, sourdough and spelt.

Spelt is in the wheat family but it has a lot less of a — lower gluten content. I recommend people start there but then I also recommend one of the things that they have discovered is that it isn’t the gluten that is irritating people as much but it’s the pesticides that has grown in. So I really recommend if you are going to do wheat, make sure you buy organic.

There is a lot coming out and if a little is coming out, you probably know a ton has been buried and I always pronounce the chemical wrong, is it glyphosate, am I saying that correctly? But that is a lot of what, there is a new hypothesis that that is why this radical increase in gluten sensitivity. Now, another thing too, there was some research that just came out that explained why people may have gluten sensitivity.

I want to bring up this point because some people think it's a fad diet, some people think it's an easy way to lose weight and there has been a lot of hysterical things done in the media. I actually wrote an open piece for Philly Mag. It's on my website about how gluten free haters have it all wrong but here's the thing, a lot of people and I know we're also conscious of privilege these days and we don't need another privilege to feel bad about.

At least, my clients are very socially conscious but there is health privilege. Some people do not have any health issues. Maybe they just want to lose weight, maybe they feel fine eating the standard American diet but for the rest of us, I think of myself as the Canary in the Coal Mine. I had irritable bowel syndrome, I was depressed, I had acne, I had asthma, I had all these stuff that I tried western medicine and nothing worked.

Because they have not fully proven that gluten intolerance and gluten sensitivity exist yet, yet I have experienced relief rather than thinking this is a fad. Wouldn't you be curious as to what happened? I just share that because some people want to test and that will help them know that gluten is good or bad for them. My sister has Celiac. It's clearly bad for her but I really think this is why knowing your own patterns and how food affects you is so important.

Because for some people, the medical community may not have anything definitively figured out but there's new research every year, some for gluten sensitivity and intolerance and there's even a difference there that we can get into a different episode if people want but then some people aren't just affected by it but if you are, that's okay.

Just because the medical community hasn't quite identified or figured it out yet does not mean that it's not real and it's not all in your head. So I went off on a little tangent about health privilege but I just really get frustrated when people feel intimidated about saying, "I need to be

gluten free” or “I’m trying gluten free, I don’t know yet”. This idea of wellness is pioneering ground. We know what doesn’t work right?

[0:53:39] JB: I think certain things with gluten in them may affect you more than other things with gluten in them which is for me, I tolerate gluten. I found over the years and after being completely off of gluten, I’d come back to gluten and I can tolerate it. Nothing happens to me.

[0:43:40] AS: That’s great.

[0:43:41] JB: Yeah, so I’m a testament to that. Not everybody has that but there are certain things that have gluten and that may affect me and it might be the amount of gluten that’s in there, it might be other things that are in there. You have to look at the labels because it’s not always gluten that can be upsetting your body. There are other things too like soy. There are a lot of things that it may not just be gluten.

[0:44:08] AS: That’s a great point too and that’s why the sooner you get started on knowing what works for you, the easier things get because you’re like, “Ah, that’s interesting”. When I went out months ago, I ended up getting Pad Thai at a restaurant which is gluten free but it had tofu in it and I got the worst headache. I was like, “What is this from? Did I get glutened?” because when I have eaten gluten in the past, I either had a rash or a headache or something.

Then I was like, “Oh my God, I had tofu a month ago and it had the same splitting headache”. I hadn’t been glutened but it was tofu. It doesn’t make me full anyway so I never eat it but I used to think, “Oh, I can have a little bit of tofu” and now I’m like, “No, I cannot. It just gives me headache”. I’m so glad you said that.

And I will say too to our point about eating real whole food. The more you do that, the less sensitive you are in general because your body is more resilient. No one is going to be a 100% clean eating and that’s not even good. Your body needs to have some resilience. It needs to develop some toughness.

[0:55:40] JB: We need to talk about this in another time because I feel very resilient at this point with food. Sometimes I have an iron stomach although I’ll say this that your emotional state

affects your digestion so, so much at least for me it has and I've always been the kid who when I was nervous, would get an upset stomach. If you're in a distressed state sometimes it doesn't even matter what foods you're eating, you're going to feel off and have an upset stomach.

But that's not my point. My point was to say that even though I have resilience around food, I definitely need to build up my resilience around this fucking holidays because Thanksgiving and the Christmas dinner I'm about to have with my boyfriend's family, I am guaranteed a stomach ache and guys, this has been for years.

For all the listeners out there, maybe Ali can help coach me through this but I keep saying like, "I'm allergic to Thanksgiving," that's all I have to say about it because it's not really any particular food that I can really pinpoint so I'm allergic to holidays. Let's just say that and maybe its family, I don't know? Maybe I need to dig a little deeper but anyways, on a side note there guys but yeah, I'm allergic to holidays.

[0:56:46] AS: Yeah, if it wasn't the end of the episode, I would totally work on this.

[0:57:04] JB: Well you know what? We'll have another episode and we'll release it around Christmas and Ali can dig a little deeper with me. She can maybe help coach me for a few minutes for you guys.

[0:57:09] AS: Yeah and you know what, our next episode, episode number four is going to be on our relationship to food so we can talk a little bit about that, that will be really wonderful. So yeah, we will leave you a cliff hanger.

[0:57:21] JB: Yes.

[0:57:22] AS: Alright, so wrapped up. There's a lot to talk about carbs and we will definitely have future episodes about sugar and carbs and any questions you have, please reach out to us. We have so much great content coming up and we're happy to answer all of your questions. So if you have any questions, you can e-mail Juliet, juliet@unitefitness.com or you can e-mail me, ali@alishapiro.com and we will definitely incorporate your questions into our content.

Also, we would love to ask you for a review on iTunes. It does a lot for the podcast in its first couple of weeks if we get some really great reviews, of course if you think it's great. We're not holding a gun to anyone's head, but we would really appreciate it and in fact, we have a little contest going on. For every person who enters a review and sends us their e-mail, they're going to go into a lottery and Juliet and I are each going to pick out one person and they're going to get a free food diary review from us. A week's food diary review. We'll spend 30 minutes with you helping you tweak things. So definitely give us a review on iTunes, good or bad. Honest, let's put it that way.

[0:58:28] JB: Yeah and also follow us on social media. We are both on Instagram and Twitter. I'm @julietunite and then you can find Ali @alimshapiro.

[0:58:40] AS: Yes and Juliet's carb cleanse will be in the show notes. Thank you so much for listening to the Insatiable Podcast, and we'll be back again next week.

[FINAL MESSAGE]

[058:49] JB: Thanks you so much for listening to the Insatiable Podcast. We hope you enjoyed today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @JulietUnite and Ali, @AliMShapiro — M stands for "Marie". Please feel free to also email us any questions. We would love to hear from all our listeners. You can reach at ali@alishapiro.com and juliet@unitefitness.com.

We'll see you next time.

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