



## **Preventing Weight Gain**

Evidence suggests that whole grains and dietary fibre help protect against obesity for the simple fact that they have the ability to satiate one's hunger without containing too many calories. Fibre is slow to digest, meaning a high-fibre meal reduces your hunger pangs for a considerable period while absorbing water in the stomach and intestines. As a result, carbohydrate-rich meals are ideal for any weight-loss regimen, regardless of what practitioners of fad diets tend to suggest.

## **Regulating Emotions**

Low blood sugar levels can cause feelings of melancholy and lethargy in the human body, and have been suspected as a cause for depression and other related mental disorders for long. Carbohydrates help prevent this problem by stimulating the release of serotonin, one of the key neurotransmitters that aids in regulating one's mood.

## **Reducing The Risk of Heart Disease**

Research has found that whole grains and dietary fibre from whole foods help reduce the risk of cardiovascular diseases. This is because they boost blood lipid values, by reducing levels of bad LDL and triglyceride. High circulating levels of these lipids greatly increase the odds of contracting atherosclerotic diseases, which can cause serious heart problems.

## **Improved Digestion**

Complex Carbohydrates are rich in insoluble fibre, which makes them extremely beneficial to intestinal health. This is due to the fact that roughage helps food and waste material passes through the body, unobstructed. They also absorb water in the intestine, which prevents constipation and minimises the odds of colon cancer risk by reducing the amount of time bowel waste spends in close proximity to intestinal cells.

## **Reduces The Effects Of Aging**

Cutting out a vital macro nutrient from your diet, whether it's a protein, fat, or carbohydrate, as different fad diets would prescribe is ill-advisable. The key to a healthy life is to strike a balance between the various food groups, and instead make sure that your body gets all the nutrients it needs. For this reason, carbohydrates will always play a vital and delicious role our diets. Keep these quick tips in mind to incorporate carbohydrates effectively into your diet:

- Emphasise On Fibre-Rich Fruits And Vegetables
- Choose Whole Grains
- Stick To Low-Fat Dairy Products
- Consume More Legumes
- Limit The Consumption Of Sugar