

Carbohydrates

We all love carbohydrates. In fact, there's hardly anything more comforting than a carb-filled meal. Unfortunately, our physiology doesn't quite share that enthusiasm.

The main issue isn't carbohydrates themselves — it's the type and amount most people consume. Highly processed carbs and excessive sugar intake have become the norm, and this “carb addiction” can quietly damage nearly every system in your body. Often, the effects don't become noticeable until later in life.

For the sake of your health, it's important to dramatically reduce your carbohydrate intake. You can still enjoy plenty of protein and healthy fats — your body thrives on these — but carbohydrates are the one category that should be significantly limited.

Making the Change Sustainable

Reducing carbohydrate intake doesn't have to happen overnight (unless you prefer a rapid approach). Give yourself grace and allow the process to be gradual:

- Gradual reduction is okay – Slowly lowering carb intake allows your body to adjust.
- Faster reduction is possible – The sooner you cut back, the sooner you'll begin to feel and look better.
- Be mindful of all carbs – Every carbohydrate eventually converts into glucose. Cutting sweets alone isn't enough; bread, pasta, and potatoes also contribute to high glucose levels.

Why Excess Glucose Is a Problem

Glucose is your body's main source of energy and is essential in small amounts. However, excessive carbohydrate consumption can lead to chronic high blood sugar and insulin levels.

Consequences of prolonged high glucose and insulin levels include:

- Persistent fatigue and energy crashes
- Increased fat storage, especially around the abdomen
- Chronic inflammation
- Hormonal imbalances
- Damage to blood vessels and nerves
- Higher risk for metabolic diseases such as type 2 diabetes, heart disease, and fatty liver

When cells stop responding properly to insulin — a condition known as insulin resistance — more glucose circulates in your bloodstream, which exacerbates these issues.

Benefits of Reducing Carbs

By stabilizing your blood sugar through reduced carbohydrate intake, you help your body:

- Regain metabolic balance
- Reduce inflammation
- Support long-term health and well-being

Gluten and Your Health

Gluten, the protein found in e.g. wheat, barley, and rye, can cause issues for sensitive individuals. People with celiac disease experience severe immune reactions that damage the intestines and impair nutrient absorption. Even those with non-celiac gluten sensitivity may face digestive discomfort, fatigue, or inflammation.

For most people, gluten isn't inherently harmful. However, highly processed wheat products can contribute to blood sugar spikes, inflammation, and overeating due to their low fiber and high glycemic content. Choosing whole grains, minimizing refined wheat, and paying attention to how your body responds can help maintain digestive health and stable energy levels.

Reducing gluten, particularly from processed foods, can support gut health, lower inflammation, and contribute to overall well-being — even for those without a specific sensitivity.

(Any food with an asterisk (*) contains gluten – please avoid during elimination diet)

Starchy foods:

- Amaranth
- Barley*
- Whole grain rice
- Buckwheat
- Corn
- Couscous

- Kamut*
- Kasha
- Millet
- Oats
- Quinoa
- Rye*
- Spelt*

- Artichokes
- Carrots
- Peas
- Potatoes
- Pumpkin
- Sweet potatoes
- Yams
- Bananas
- Dried beans
- Dried peas
- Lentils

*Contains gluten, please avoid

Sprouts

- Cauliflower
- Tomatoes
- Celery
- Cress
- Mushrooms
- Asparagus
- Spinach
- Beans
- Tempeh

Medium starch content:

- Corn (organic)
- Okra

- Beetroot
- Parsnips
- Radish
- Eggplant
- Swedes
- Zucchini

Fruits:

- Avocados
- Olives
- Apples (in moderation)
- Pears (in moderation)
- Apricots
- Cherries
- Citrus fruits
- Grapes
- Melon (in moderation)
- Peaches
- Pineapple (in moderation)
- Plums
- Plums
- Tomatoes
- Tropical fruits

Low in starch:

- Broccoli
- Brussels sprouts
- Cabbage
- Swiss chard
- Cucumbers
- Garlic
- Savoy cabbage
- Onions
- Parsley
- Bell peppers
- Leeks
- Spring onions