



Supporting the birth that is right for you!

Rebecca M. Pugh, RM • CPM • Doula
970 708 1298
Rebecca@MountainBirth.com

Why Choose Whole Foods?

By Rebecca Pugh

The Adverse Effects of Refined Carbohydrates

Did you know?

- The process of refining carbohydrates actually removes the vitamin and mineral content from whole grains, corn, and rice, rendering them useless “empty” calories. High temperatures and pressure result in “dead” food devoid of nutrition.
- These foods such as white bread, processed cereals, or donuts enter the blood stream in a rush, causing a sudden increase in blood sugar. This rush results in increased amounts of insulin and other hormones to manage the influx of sugar. This assault on the system, if repeated, begins to wear down the glands and organs controlling assimilation of foods. Furthermore, because the food has no real nutritional content there is nothing gained from this process, causing further degradation.
- In order to digest refined carbohydrates the body must draw from it’s stored supply of vitamins, minerals, and enzymes for proper metabolization, further depleting the system. So, not only do refined carbohydrates fail to add nutrition to the body...they actually take it away!
- Foods that undergo refinement processes have been exposed to and contain toxic chemicals. Bromating and bleaching agents are used to bleach and refine grains and have never been considered safe.
- When carbohydrates are refined they are stripped of their B Vitamins, which are necessary for proper digestion, rendering the food indigestible. Fiber is also removed to create a smooth and cake like texture. Fiber content is an important reason to eat whole grains and a crucial element of the digestion process. When it is removed, the health is removed.
- Refined carbohydrates become nothing but pure sugar that wreck havoc on blood sugar levels. They are imbalanced sources of excessive sugar that is linked to tooth decay, heart disease, and obesity.
- Breads and cereals made from whole grains do not have a long shelf life, but refined carbohydrates can last for ages. They are sprayed with pesticides and other chemicals to prevent mold and decay and pumped with preservatives to ensure longevity. These chemicals have not been properly tested to prove safety.
- Most refined carbohydrates begin with genetically modified grains that contain foreign proteins that are difficult to digest.