



My Top 5 Carbs for a lean, healthy body

These tasty super foods all share some fantastic health benefits. They are all gluten free, low GI (meaning they will not spike insulin dramatically so will help manage blood sugar levels) and contain an incredible amount of nutrients. For a lean, healthy body, eating low GI and consuming a lot of vitamins and minerals from your diet is essential. Here are my top five Carbohydrate sources to help you achieve a fantastic body both inside and out;

1. Quinoa

Although often thought off as a grain, Quinoa actually belongs to the seed family. This means Quinoa is a protein powerhouse in comparison to other grains. It's a great addition to the diet to boost fibre and support the liver due to it's high Vitamin B and folate content. Unlike grains, Quinoa is a both complete protein and slow digesting carb source. The University of Lund in Sweden attributed Quinoa to a boost in IGF-1, a growth hormone which is crucial for muscle growth and retention

2. Wild Rice

Again, a slight curveball, as Wild Rice is not actually rice, but a long grain grass seed. This is an incredibly tasty low GI food, with more protein, fibre, copper and copper than it's brown rice cousin.

3. Dark skinned fruit

Dark skinned fruit tend to be thinner skinned, and because of this they need to produce more antioxidants to protect them from the sun. Antioxidants help reduce inflammation and free radicals, both of which are major players in modern day disease. Antioxidants have also been strongly linked to slowing the ageing process and boosting longevity.

Also, darker skinned fruits tend to have a lower GL (Glycaemic load) than their more colourful cousins, and this means they are a slower releasing carb source as they contain less fructose.

4. Fibrous vegetables

(broccoli, lettuce, cabbage, cauliflower, mushrooms, green beans, onions, asparagus, cucumber, spinach, peppers, zucchini)

Fibrous vegetables are typically low in Carbohydrates but very high in Fibre, which is very important if eating a diet which is carb restricted. These super foods will bring only a small insulin response, which makes them fantastic fat loss foods. Try to eat at least a few of these every day, as fibre will help gut function, and help the liver detoxify the body.

5. Sweet potato

An incredibly versatile food, packed with huge health benefits. Due to their high level of catenoids, they release into the blood stream slowly and stabilise blood sugar. They are considered a root vegetable rather than a potato, and again provide a low GI, high fibre carbohydrate source. They also contain high levels of vitamin A (through beta-carotene, the precursor for Vit A), B6 and C, which are very important health nutrients.

So stock up, tuck in and enjoy!