

# Resistant Carbs



I have to admit. I've been keeping a secret.

I have had good reason to keep the secret, and that is, there wasn't much data out, and I didn't want to send you down a rabbit hole unprepared for the results.

I've been harping over the years on how bad for you the "white stuff is." Bread, pasta, potatoes and more.

There's good news for pasta and potatoes.  
It's a concept called Resistant Carbs.

Without going all science on you, the idea of resistant carbs is they are not digested the same way as regular carbohydrates. Resistant carbs are digested further down in your digestive tract so they don't spike your insulin levels like regular carbs do. That's good news for anyone who's Type 2 Diabetic or anyone who's trying to live a low carb lifestyle; like Plan Z dieters do.

So how do you turn regular carbs from potatoes or pasta to carb resistant?

You cook them ahead, cool them completely and then reheat them before you eat them.

It might take a little bit of organization on your part. It might mean changing up your shopping habits a bit, but it's really pretty easy.

Now, let me be clear. I don't eat potatoes or pasta often. And I never eat a lot of either one. I don't advocate going back to my old behavior where I had potatoes or pasta at almost every meal. There still isn't enough evidence to prove that would be a good idea.

But when I do eat potatoes these days I eat them after they have been thoroughly chilled. In most cases, chilled overnight. Then I reheat them. That's not so bad. Anyone can do that.

Mashed potatoes taste just as good the next day. So do roasted potatoes.

Read this article written by the Johns Hopkins Diabetes group about some of the benefits when you cook your potatoes, pasta or even beans ahead of time, let them sit overnight and then eat them the next day.

There's a great video about it, too.

Here's the link: <http://www.bbc.co.uk/programmes/p0287yzj>

This bodes well for "leftovers," doesn't it?

I loved the story of the Italian restaurant and how they reheat the pasta. I can do that too!

Still, stay away from the bread.

Enjoy!

Cheers,