

Carbohydrates and Potatoes!

Although there are two main types of Carbohydrates, Simple and Complex, quite often consumers look at them all the same as something they should keep out of their diets.

Simple Carbs, like sugar, are broken down very quickly by the body. They provide instant energy, typically faster than your body can use it, leaving the extra energy to be stored as fat.

Complex Carbs—the type found in potatoes, take more time to break down, therefore giving your body constant energy for a longer duration. Their greater conversion time allows the body to use them as they are broken down, preventing them from being stored and preventing the “crashes” that often follow the consumption of simple carbs.

The fact is, your body cannot function properly without Carbohydrates. They give your brain, organs and muscles energy to work. Lack of carbohydrates can cause muscle cramps, fatigue, poor mental acuity, and decreased resistance to disease.

Potatoes are a great source of complex carbohydrates, and can be daily enjoyed as part of a healthy diet!