



HEALTH NOTES



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Adventist Medical
Evangelism Network

AMEN's mission is to motivate, train, and equip Seventh-day Adventist healthcare professionals to team with pastors and members, uniting the church to restore Christ's ministry of healing to the world, hastening His return.

To learn more about AMEN and get involved go to: amensda.org.

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Five Carbs Not to Avoid

Carbohydrates (or 'carbs' for short) have become something of a scapegoat for our country's rising obesity levels. Low-carb diets such as Keto, Atkins and Whole 30 are popular weight loss diets at present.

Vitamins and nutrients that our brains and bodies need—including magnesium, calcium and potassium—are a lot harder to come by outside of a carb-inclusive diet. Here are five carbs that most people should definitely stick with.

1. Whole Grains



Unlike processed grains, whole grains have outer shells of bran and germ that provide protein and fiber, which help keep you full. Eating whole grains also lowers your chances of suffering a stroke, helps regulate blood pressure, and reduces your risk of developing diabetes.

To incorporate more whole grains into your diet, look for breads and pastas that are "100% whole wheat" or "100% whole grain." Whole grains aren't limited to wheat, oats, and brown rice. Try some high-fiber barley, crunchy quinoa, Ethiopian teff, or wild rice.

2. Legumes



Beans, peas, and lentils are excellent sources of healthy, slow-digesting carbs packed with fiber, vitamins, minerals, protein, and phytochemicals. The phytochemicals in plants that give them color and flavor are great cancer-fighters too, since they decrease inflammation in the body and help repair our DNA.

3. Sweet Potatoes



Sweet potatoes are a great source of vitamins A, B6, and C. It's best not to overdo it on the sweet orange roots because they have a high glycemic index, which will temporarily spike blood sugar. But a bit of cooked sweet potato mixed into a salad or baked as a side dish is a good dinner choice.



4. Squash



Squash, which can be added to soups, baked, or blended into casseroles, is a rich wonder-food. Many types contain some natural sugar, but they're also high in eye-protecting lutein. Squash packs enough protein and fiber to keep you full for a while, and it provides magnesium and potassium.

5. Fruit



Fruits like bananas and apples are often banned on low-carb diets since they are carb-heavy and contain natural sugars. But eating a bit of fruit is not bad for you, especially when you consume it whole instead of blending it into a smoothie or juice. Eating an apple with its fibrous skin on instead of peeling it will deliver about double the fiber, 25% more potassium, and 40% more

vitamin A.

A remarkable fruit tree will be in heaven which will impart health and vigor to us. "In the middle of its street, and on either side of the river, was the tree of life, which bore **twelve fruits**, each tree yielding its **fruit every month**. The leaves of the tree were for the healing of the nations."

[Revelation 22:2 NKJV]

Plan on being there.