

The Hard Truth *About Processed Carbs*



**AND WHY THEY'RE SNEAKIER
THAN YOU THINK**

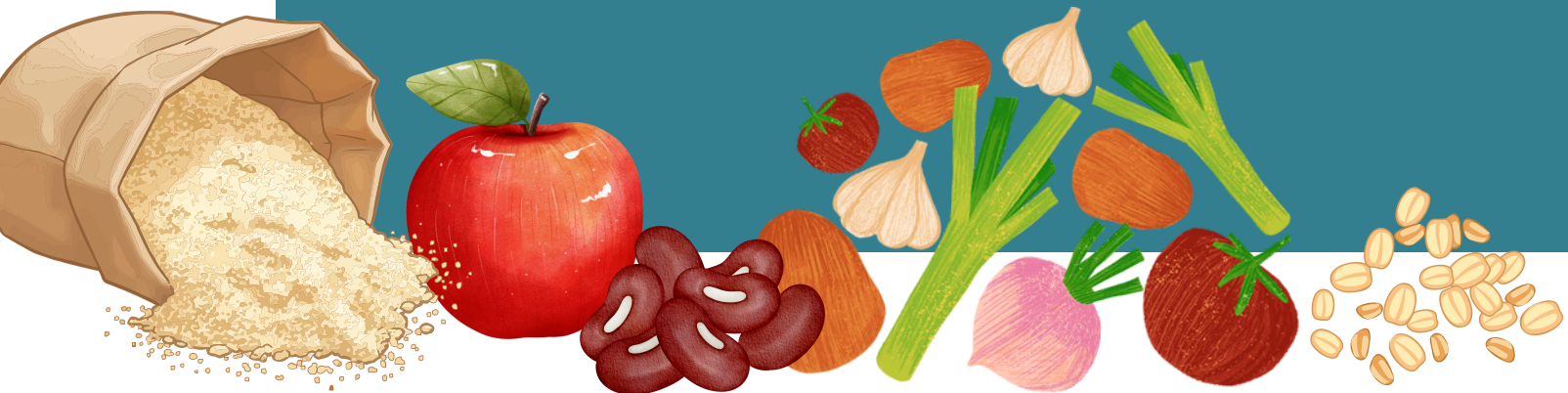
CARBS FROM REAL FOOD VS. CARBS FROM A PACKAGE

Everyone's heard that "processed carbs are bad," but nobody really explains why, or what they are. Here's the real breakdown of what they do in your body, how they're made, and why they matter now more than ever.

Not all carbs act the same in your body.

Whole-food carbs (like fruit, beans, veggies, oats, potatoes, and brown rice) come with:

- Fiber
- Nutrients (vitamins + minerals)
- Protein + antioxidants
- A natural structure that slows digestion

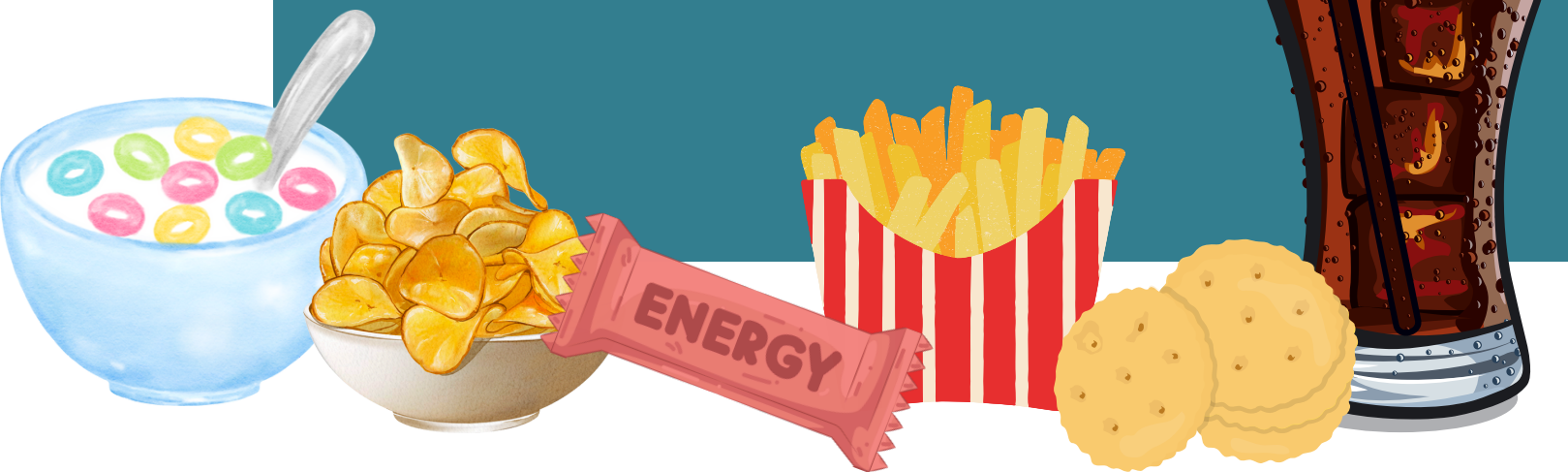


Your body breaks them down gradually and uses them for fuel in a healthy way.

CARBS FROM REAL FOOD VS. CARBS FROM A PACKAGE

Processed carbs, on the other hand, come from foods that have been stripped and rebuilt. Think:

- Cereal
- Chips
- Crackers
- Soda
- Snack cakes
- White bread
- Energy bars
- Fast food



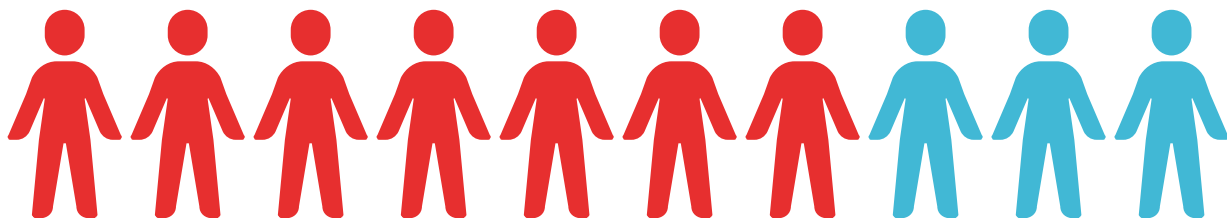
Your body digests them fast, they spike blood sugar, trigger cravings, and leave you hungrier.

WHY THIS MATTERS FOR OUR GENERATION

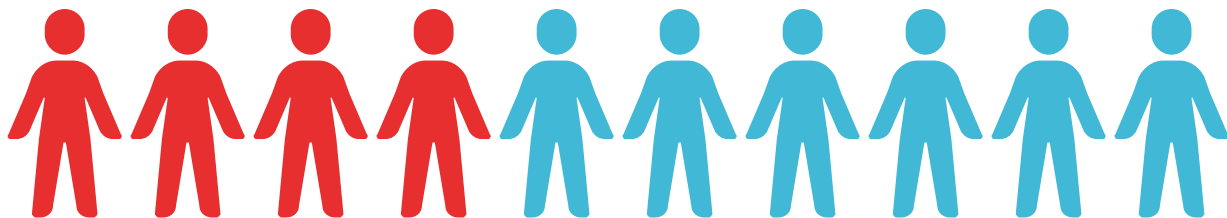
These foods aren't just "not great"—they're changing our health at a national level.

Right now:

74% of Americans are overweight or obese



38% are insulin-resistant or have prediabetes



And this isn't just adults—it's now showing up in kids **as young as 8 years old.**

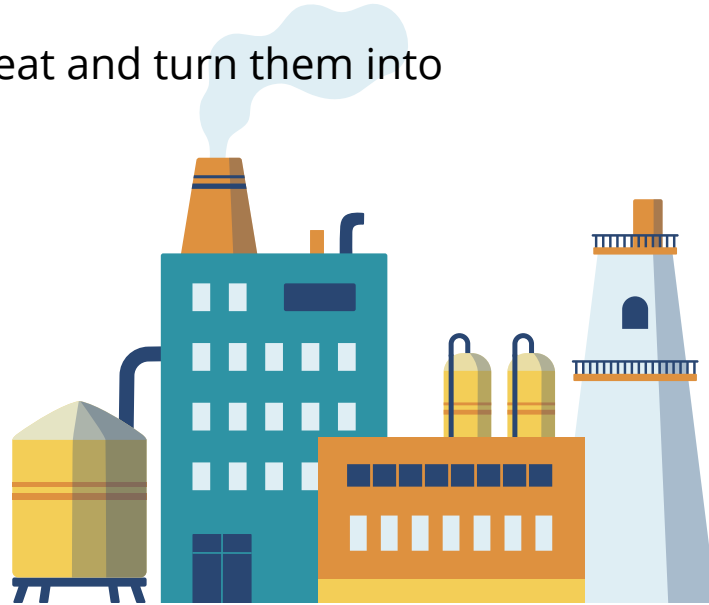
That didn't happen because people suddenly got lazy. *It happened because ultra-processed foods became the default.*

HOW REGULAR FOOD TURNS INTO PROCESSED CARBS

Companies don't just use "carbs"—they build them in factories.

They take cheap crops like corn or wheat and turn them into ingredients like:

- **High-fructose corn syrup**
- **Maltodextrin**
- **Refined flour**
- **Modified starches**



Then they mix those with fats, salt, and flavors to create foods designed to be easy to overeat and hard to stop eating.

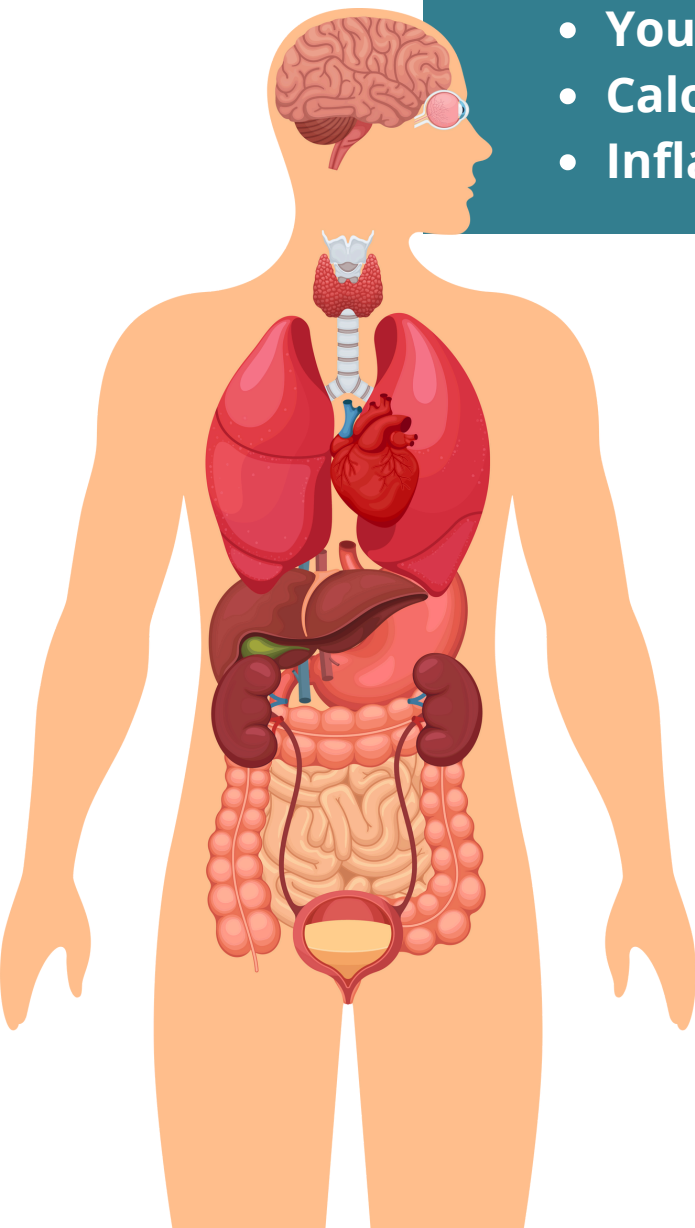
Example: A large McDonald's Coke has the same sugar as 7-8 apples—but *without the nutrients or fiber* your body needs to process it.



WHAT PROCESSED CARBS DO INSIDE YOUR BODY

When these foods hit your system, here's what happens:

- Blood sugar spikes fast
- Your body pumps out insulin
- You crash later and crave more
- You don't feel full, so you overeat
- Calories go up, nutrients go down
- Inflammation increases over time



This is how people develop:

- Weight gain
- Fatigue
- Brain fog
- Gut problems
- Hormone issues
- Prediabetes and diabetes

**And again—this is happening in kids,
not just adults.**

WHY THESE FOODS ARE SO HARD TO QUIT

Processed foods are purposely engineered to hit your brain's **"bliss point"**—the perfect combo of sugar, fat, and salt that keeps you grabbing more.

They're:



Cheap to make



Easy to overeat



Long lasting on shelves



Marketed as "healthy" even when they're not ("veggie chips," "whole grain" snacks, etc.)

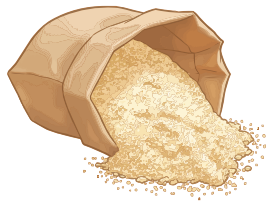
WHAT TO EAT INSTEAD (NO DIETING REQUIRED)

You don't have to cut carbs—just choose ones your body knows how to use!

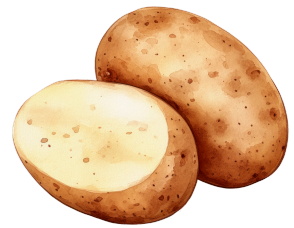
Oats instead of sugary cereal



Brown/wild rice instead of instant rice or pasta



Real potatoes instead of fries or chips



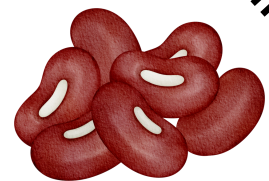
Fruit instead of juice



Popcorn instead of cheese puffs



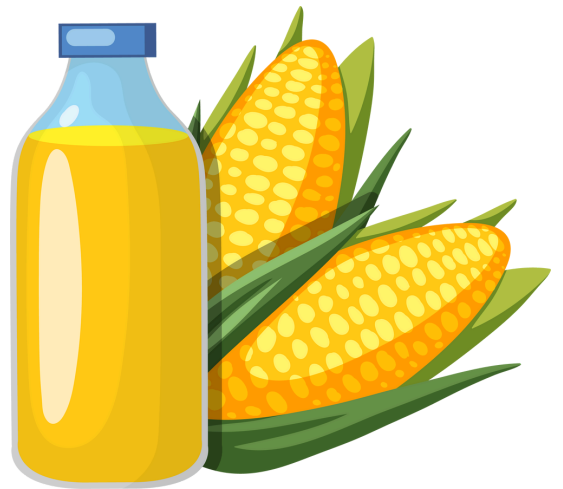
Beans or lentils instead of only starch-heavy meals



Small changes make a bigger impact than you think!

WHAT'S HAPPENING RIGHT NOW

A former FDA commissioner has officially asked the government to remove the “generally recognized as safe” label from ingredients like maltodextrin, refined starches, and corn syrups.



He's not asking to ban carbs—he's saying companies should have to prove these ingredients are safe before adding them to everything.

Small changes make a bigger impact than you think!

I'M HERE TO HELP

Meet Brenda

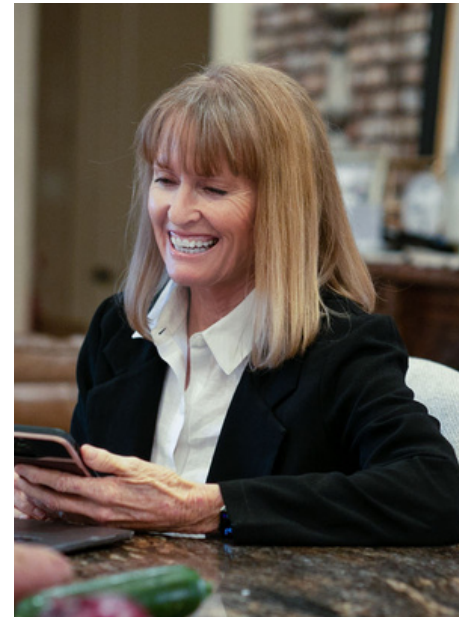
If you're curious or want to go deeper into the issue of processed carbs, I've included the original document I pulled from so you can dig in on your own. You can read it [HERE](#)...



Comfort Food Reimagined: The Lazy Girls Guide to Gluten-Free Magic

Course launching late October / early November!

If you're juggling work, family, and trying to eat better without losing your mind, this course is your shortcut. You'll learn how to swap the foods that are draining your energy and slowing your metabolism—for cozy, crave-worthy meals that actually support your health.



No complicated recipes. No restrictive diets. Just real comfort food reimagined for real life—quick to prep, kid-approved, and designed to fit into your busiest weeks without extra stress.

More details on the course are coming soon—and early access comes with bonuses and savings. Stay tuned!