

Diane Sanfilippo

Carbs and Re-balancing Your Plate

PODCAST SHOWNOTES

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*Our guest today is Diane Sanfilippo, a Certified Nutrition Consultant who specializes in Paleo nutrition, blood sugar regulation, food allergies and intolerances, and digestive health. She is also the author of **Practical Paleo**, lauded by many as the Paleo bible.*

Carbs – Are They Evil?

As a macronutrient, carbohydrates are not inherently bad. We need to look at what we are eating. Looking at the nutritional content of the macronutrient is important. For example, white sugar delivers the macronutrient, but no minerals, vitamins, or other nutritional value. Good carbs are our fruits and veggies, it's that simple. There are lots of vitamins and minerals in a peach or in kale without a huge amount of calories. There aren't necessarily "bad" carbs, but sugar is probably the chief "bad" carb. There is so much hidden sugar in everything we tend to consume.

Balancing YOUR Plate

Most people tend to eat a high carbohydrate diet without really knowing it. When you start to pay attention to your plate and macronutrients, you can start to dial back the carbs that go with every meal. In addition, many of us are relatively sedentary during the day – sitting at a desk and inactive for the majority of the day. We need to create balance on our plate that mirrors our activity levels.

A lot of the time, people can drop too many carbs. Those who are particularly active may cut their carbs too much for the types of activities they do. We cannot forget about the sweet potatoes and winter squash that can help support our activity levels with slow, low carbohydrate digestion. Balance can make you feel like a plant that has been watered instead of a withered flower, stressed and starved. For some of us, we may need to re-balance with carbs, but it is important to balance our fats and proteins. Too much of anything is not good for you.

Typical Day of Eating and Exercise for Diane

1. Wake up, have coffee with a little coconut milk and a teaspoon of maple syrup
2. Work out right away, high-weight strength training
3. Post workout meal: Smoked salmon, goat cheese, ½ gluten-free bagel
4. Lunch: Zoodles, protein, organic tomato sauce and some white rice for some added carbs
5. Snack: Goats milk yogurt and some cherries
6. Dinner: Very similar to lunch

Diane typically eats pretty simply: proteins, veggies, carbs, and healthy fats. She tends to eat her carbs separate from her meals, highlighting that they supplement her activity level. You can SEE what Diane eats on instagram [@diane.practicalpaleo](https://www.instagram.com/diane.practicalpaleo)

Listener Question:

I use raw honey in my coffee and afternoon tea everyday – is that okay?

Maybe, maybe not. Take a total inventory of the carbohydrates and sugar you are taking in. Look at each day. One teaspoon of honey, one piece of fruit, and small amounts of grains: not a problem. A couple cups of coffee and tea with tablespoons of honey, then we

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may have an issue. Get a clear read of how much sugar you can have every day that helps you live your best life, full of energy.

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You are worthy. Dare to live a life that matters.

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