

EVERYTHING LIFE WITH MIRIAM

Week 2 Challenge (May 1st - 7th, 2023)

We are going to start slow to make this process realistic and sustainable and eventually make this regimen a lifestyle

INSTRUCTION FOR THE WEEK:

We are going to keep practicing everything in week 1 and include ‘reducing the amount of simple carbs we take in by 80%.’

If you have not downloaded week 1’s instructions yet, you can do so on revurdia.org.

What are simple and complex carbs?

Simple carbs and complex carbs are two types of carbohydrates that differ in their chemical structure, nutritional value, and effects on the body.

Simple carbohydrates, also known as simple sugars, are made up of one or two sugar molecules and are quickly absorbed by the body. They are found in foods like table sugar, honey, fruit juice, candy, and soft drinks. Because they are rapidly absorbed, simple carbs can cause a rapid rise in blood sugar levels, which can lead to a subsequent crash in energy levels. Consuming too much simple carbs can also increase the risk of health problems such as obesity, type 2 diabetes, and heart disease.

Complex carbohydrates, on the other hand, are made up of longer chains of sugar molecules, and they take longer to break down and digest. They are found in foods like whole grains,

vegetables, legumes, and fruits. Complex carbs provide the body with sustained energy and are an important source of fiber, vitamins, and minerals. They also have a lower glycemic index, which means they have a gentler impact on blood sugar levels and are less likely to cause energy crashes or other health problems.

In summary, simple carbs are quickly absorbed by the body and can cause rapid spikes in blood sugar levels, while complex carbs take longer to break down and provide sustained energy without causing blood sugar spikes.

List of Simple Carbohydrates by Continent

Africa:

1. Cassava
2. Honey
3. Sugarcane juice
4. Plantains and sweet potatoes – eat in serious moderation and with a fiber rich meal
5. Sorghum

Asia:

1. Rice – white
2. Jaggery (unrefined cane sugar)
3. Lychees
4. Sweetened condensed milk

Europe, America, and Canada:

1. White bread – any white flour products (you'd have to consume a significant amount of fiber to slow down the

absorption rate of these carbs turned into sugar into your bloodstream.

2. Cakes and pastries
3. Soft drinks
4. Fruit juices
5. Breakfast cereals
6. Chocolate
7. Candy
8. Jam
9. Honey
10. Sugar cubes
11. maple Syrups or syrups
12. Ice cream
13. Agave nectar
14. Brown sugar
15. Donuts
16. Jam
17. Potatoes – With respect to potatoes, It is actually better to eat sweet potato in reduced portions than regular potatoes. And keep the skin on when you cook them as keeping the skin on lowers the GI more due to the fiber content.

South America:

1. Sugar cane juice
2. Dulce de leche (caramelized condensed milk)
3. Tapioca pudding
4. Coconut water
5. Guava jelly
6. Sweetened condensed milk
7. Honey

Fruits with simple sugars and that have a high GI you should stay away from:

Dates

Mangoes

Pineapples

Papaya

Mangoes

Bananas

Some common examples of complex carbs found in various regions (continent):

Africa:

*Millet

*Quinoa

*Brown rice

*Whole wheat bread

Couscous

Lentils

Chickpeas

Okra

Amaranth

Sorghum

Asia:

*Brown rice

*Quinoa

Lentils

Chickpeas

*Whole wheat bread

Buckwheat

Barley

Adzuki beans

Mung beans

Edamame

Europe:

*Whole grain bread

*Oats

*Brown rice

*Quinoa

Lentils

Chickpeas

Barley

Bulgur wheat

Buckwheat

*Wild rice

North America:

*Quinoa

*Brown rice

*Oats

*Whole grain bread

Lentils

*Sweet potatoes

Black beans

*Wild rice

Barley

Farro

South America:

*Quinoa

*Brown rice

Amaranth

Lentils

Black beans

Chickpeas

*Sweet potatoes

*Plantains

Chia seeds

Canada:

*Whole grain bread

*Oats

Barley

Lentils

*Brown rice

*Quinoa

Buckwheat

Chia seeds

*Sweet potatoes

*Wild rice

Consume all complex carbs with a significant amount of fiber especially the complex carbs marked with the *.

WE'VE GOT THIS! LET'S BRING THAT A1C DOWN.