

ARE CARBS GOOD OR BAD?

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Claim: "All carbohydrates are bad"

BELIEF IN CLAIM

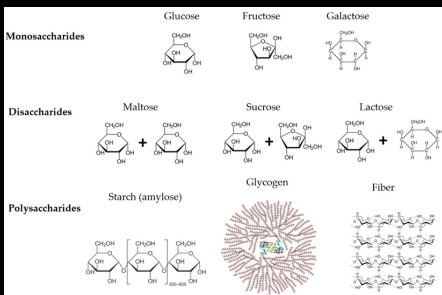
RECOMMENDED USE OF RESOURCE

This resource can be used in class when learning about carbohydrates to show students the truth of common misconceptions about carbs. This can also show students the importance of utilizing evidence when making claims.

The claim that all carbohydrates are bad is highly believable for a few reasons. There are many popular diets stating that eliminating carbs will allow you to lose weight giving the idea that all carbs must be bad. There is also some truth to the claim, naturally occurring carbohydrates are fundamental to our lives; however, some forms of carbohydrates serve no benefits. This separation is often missed leading to the general assumption that all carbohydrates are bad.

HOW TO COMMUNICATE

When communicating this topic to others ensure you are clear in your explanation, provide the evidence, and allow them to question and express their own opinions



EVIDENCE CHECK

To determine if a carbohydrate is bad or good we must consider the type of carbohydrate looked at. The claim can be misleading because it indicates that all carbs are bad. There are two main groups of carbs, large complex carbs that are considered good because they contain the monomers needed for life and small simple carbs that are considered bad (Clemente-Suarez, V. J., 2022). Large carbs take longer for the body to break down to the monomers allowing time for everything to be healthily sorted, small carbs however break down very fast and cause blood sugar to spike and drop fast causing hunger quicker (Writer, S., 2020). Understanding that not all carbs are good or bad will allow people to evaluate this claim and understand the truth to it.

Claim	What Evidence Says	Better Explanation
All Carbohydrates are bad	Evidence shows that while some carbs are bad by spiking blood sugar and hunger there are also good carbs that support our bodies energy needs.	The benefit of carbs for our bodies depends on the type of carbohydrate consumed.

SDG CONNECTION

This resource can support the SDG principles by showing students the importance of evidence in scientific topics. By showing students to check the truth of claims it shows them to question and evaluate information they are told.

REFERENCES

Brand-Miller J., et al., (2008). Pp 16-19. Carbohydrates – the good, the bad, and the wholegrain. Asia Pac J Clin Nutr.

Clemente-Suarez V. J., et al., (2022). The burden of carbohydrates in health and disease. MDPI. <https://doi.org/10.3390/nu14183809>

Writer S., (2010). Nutrition news: the good and bad of carbohydrates. Harvard. A candela is a unit of luminous intensity, in a given direction. It is equal to 1/683 watt per steradian, where 1 watt per steradian = 1/683 lumen per square meter.

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