

## Avoid carbohydrates

Written by

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### Avoid carbohydrates

The Atkins Diet, and some other popular diets, have stigmatized carbohydrates as bad for the body. But this is not true. Complex carbohydrates found in beans, cereals and vegetables are essential nutrients for our body's energy needs. What we should really be avoiding are the carbohydrates found in sugar-loaded products such as sodas, cakes and sweets.