

THE OBESITY CODE: UNLOCKING THE SECRETS OF WEIGHT LOSS:  
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Part 5 What's Wrong with Our Diet

Chapter 16 Carbohydrates and **PROTECTIVE FIBER**

Questions

1. What is the difference between “good” carbohydrates and “bad” carbohydrates?

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2. How are the Glycemic Index and Glycemic Load Index measured and what are its findings?

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3. Compare highly processed refined carbohydrates and cocaine.

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4. Explain how consuming highly processed refined carbohydrates encourages overconsumption of food.

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5. How have wheat varieties changed in the last 70 years and how does it affect people's health?

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6. How do whole grains affect obesity and diabetes?

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7. What are sources of fiber and what are its benefits in the diet?

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8. How does the 'poison' and 'antidote' analogy describe the relationship between carbohydrates and fiber and type 2 diabetes?

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9. How does the 'cake baking analogy' explain the balance of nutrients and fiber from a diet rich in natural foods?

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10. How does vinegar (acetic acid) consumption affect people's overall health and weight?

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