

# Counting carbs? Carbohydrate density matters with Hashi's

If you are counting carbs to stabilize your blood sugar, lower inflammation, balance hormones, lose weight, or better manage Hashimoto's hypothyroidism, experts say looking at [carbohydrate density](#) is a more important strategy. [Carbohydrate density](#) measures how many carbohydrates are present per 100 grams of food. Low carb density foods don't raise your risk of chronic disease or trigger autoimmune Hashimoto's flares.

Research shows eliminating dense carbohydrates from your diet improves health, prevents disease, and can even improve periodontal disease.

While many diets focus on how many calories or how many grams of carbohydrates you should eat per day, the carb density diet instead focuses on how many grams of carbohydrates are in a food once you subtract the fiber.

Ideally, you only want to eat foods under 23 percent carb density. More importantly, avoid carb dense foods such as breads, pasta, or white rice. People with Hashimoto's should also avoid all forms of gluten as studies show it triggers autoimmune thyroid flares.

Foods with low carb density include meats, vegetables, fruits, and whole nuts.

High density carbs include flours, sugars, breads, chips, rice cakes, granola bars, French fries, popcorn, and other fast and processed foods.

In a nutshell, if it has been processed, it's going to be more carb dense. Stick to whole foods as much as possible when you have Hashimoto's hypothyroidism.

## **Carb density in foods**

Foods with low carb density contain the carbohydrates within cell walls. In these foods, carb density won't go much beyond 23 percent.

In foods that are carb dense, however, such as flours, sugars, and processed grains, modern processing breaks apart cell walls so that carbs are much more concentrated, abundant, and hit the bloodstream more quickly. This spikes and destabilizes blood sugar, which in turn triggers inflammation and Hashimoto's hypothyroidism flares.

## **Why high carb dense foods make us sick and fat**

The human body was not designed to eat processed foods in which carbs and sugars have been busted out of their



cells, concentrated, and able to quickly raise blood sugar.

Carb dense foods overwhelm the body's cells with too much glucose. This causes cells to become resistant to the hormones insulin and leptin, both of which play a role in blood sugar regulation.

Insulin and leptin resistance in turn promote obesity, inflammation, accelerated brain degeneration, heart disease, diabetes, autoimmune diseases such as Hashimoto's hypothyroidism, and hormonal imbalances — in essence, the foundation to the many chronic diseases of western civilization.

## **Why regular diets don't work and the kinds of food you eat matters most**

These days, plenty of research has demonstrated why diets don't work in the long run for so many people. Calorie counting, exercising more but going hungry, extreme diets — these approaches may work in the short term but they pit the individual against primal survival mechanisms and can be metabolically and psychologically damaging.

Although opting for a diet that is made up of healthy meats, fats, vegetables, fruits, and nuts may seem severe initially, it quickly adjusts hormonal responses to food. This reduces cravings, boosts energy, and reverses inflammation that causes Hashimoto's hypothyroidism — the diet makes you feel so good you no longer feel deprived. You may also find processed foods make you feel terrible, so they lose their appeal.

Ask my office for more advice on how you can manage and even reverse Hashimoto's hypothyroidism through diet, lifestyle, and functional medicine protocols.

