

Poor readability

Within several popular low-carbohydrate diets one may see the reference to either “good carbs” or “bad carbs”. *The World of Sports Science* assures us these descriptions are not a reflection on the chemistry of the particular carbohydrate being ingested, as all carbohydrates have a well-defined molecular structure (“Carbohydrates” 128). Good carbohydrates are generally those derived from whole, primarily unprocessed foods such as grains and vegetables (“Carbohydrates” 128). The so-called bad carbohydrates are those ingested through sugared, processed foods and snack foods, which have no nutritional value other than as a mediocre energy source (“Carbohydrates” 128). Excess carbohydrates, those that cannot be processed for immediate use in the bloodstream or stored in the muscles or liver as glycogen, will be stored by the body as fat (“Carbohydrates” 128).

Good readability

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