

PREVIEW_ Should Anyone Eat Carbs_ (Breckenridge 2017)

Dr. Maryanne Demasi: A major part of the population is carb intolerant and that's people with pre-diabetes or existing type 2 diabetes. So I would say if you have an issue with metabolizing carbs, that would be someone with type 2 diabetes, then certainly lowering your carbohydrate intake would be beneficial for your health.