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## Rice have how many calories

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Updated May 8, 2018  
Of all nutritional myths, the calorie myth is one of the most pervasive and more harmful. The idea that calories are the most important part of the diet is that the sources of these calories do not matter. A calorie is a calorie is a calorie, they say - which is not important if you eat a 100 calorie of candy or broccoli, they will have the same effect on your weight. It is true that all calories have the same amount of energy. A dietary calorie contains 4,184 joule of energy. To do so, a calorie is a calorie. But when it comes to your body, things are not so simple. The human body is a very complex biochemical system with elaborate processes that regulate energy balance. Indifferent foods pass through different biochemical paths, some of which are inefficient and cause energy (calories) to get lost as heat (1). Made that different foods and macronutrients have a serious effect on hormones and brain centers that control hunger and food behavior. The foods you eat can have a huge impact on biological processes that control when there are 6 proven examples of why a calorie is not a calorie. Share on Pinterest the two main simple sugars in your diet are glucose and fructose. Gram per gram, the two provide the same number of calories. But the way they are metabolized in the body is completely different (2). Glucose can be metabolized by all the tissues of your body, but fructose can be metabolized only by the liver at any significant amount (3). Here are some examples of why the calories of glucose are not the same as Calorie Fructose: Ghrelin is hunger hormone. Salt when you are hungry and already after eating. A study showed that fructose leads to higher levels of Ghrelin - that is more hungry - of glucose (4) Fruttosio does not stimulate satiety centers in your brain in the same way as glucose, leading to a reduced feeling of fullness ( 5). A lot of fructose can cause resistance to insulin, abdominal fat gain, increased triglycerides, blood and small sugar, dense LDL compared to the same number of calories from glucose (6) .as you can see: the same number Of calories  
very different effects on hunger, hormones and metabolic health. The nutrients of nutrients based on calories that provide are too simplistic. Dislocate in mind that fructose has only negative effects when they are eaten in excessive quantities. Added Sugar and candy are its largest dietary sources. Do not discourage to eat a lot of fruit. While they contain fructose, they are also rich in fiber, water and provide a significant chewing resistance, which mitigates the negative effects of fructose. Even if the Fructose and glucose provide the same number of calories, fructose has much more negative effects on hormones, appetite and metabolic health.diferent foods through different metabolic paths. Some of these paths are more efficient than others. The more efficient is a metabolic path is, more food energy is used for work and less is dissipated as heat. The metabolic paths for proteins

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