And why is that?

October 3rd, 2011, 08:34 PM

Aesthetic Saiyan -
Bro Scientist

Originally Posted by Chode Logan

Martin Berkhan is a joke.

And why is that?

October 3rd, 2011, 08:38 PM

iWarrior -
Guest

Originally Posted by Aesthetic Saiyan

Fixed, because he does NOT know any real science... LOL @ 6 meals speeding the metabolism more than 3 meals... 3X600 kcals will have the same TEF (thermic effect of food) as 6X300 kcals... TEF is dependant on total number of calories consumed in a meal, not the frequency of the consumption...

And why the fuck shouldn't you eat carb after 6pm? Does thermodynamics suddenly change after 6 o'clock and the body can no longer break down carbohydrates?

GI does not matter, because most people eat mixed meal (protein, fiber and fats affect GI) and atleast a few meals per day, therefore both nutrient timing and type of GI becomes irrelevant when trying to improve body composition

FACT: Chris Aceto does NOT know science... But he knows how to bring in people in condition, and that's probably all that matters for him to reach "guru" status in the world of bodybuilding... But as far as nutritional scientists there are FAR more knowledgable people in the industry. Lyle McDonald, Martin Berkhan, Alan Aragorn, Børge Fagerå and somewhat Layne Norton comes to mind (even though his stuff about leucine and meal frequency is somewhat questionable)

Really?! Then please explain what he (Aceto) does know? Also, how does he get people in shape? I know the answer to that one but I'd like to hear your input. BTW...who are these people in the BB'ing industry?!?
It's about time I compiled a comprehensive guide to my system, so here it is.

Intermittent fasting and Leangains

How does Leangains differentiate itself from some other intermittent fasting based diets? Here's a brief primer.

The basics

In-depth coverage of my approach, and the benefits of intermittent fasting, can be read about here.

A much shorter summary can be found here.

Fasting and feeding

My general position on the fasted phase is that it should last through the night and during the morning hours. Ideally the fast should then be broken at noon or shortly thereafter if you arise at 6-7 AM like most people. Afternoons and evenings are usually spent in the fed state.

However, the fast could also also be broken later in the day depending on your personal preferences and daily routine. I personally tend to break the fast as late as 4-6 PM since I work well into the night and rise later than most people with normal jobs.

The recommendation for fasting through the earlier part of the day, as opposed to the latter part of the day, is for behavioral and social reasons. Most people simply find it easier to fast after awakening and prefer going to bed satiated. Afternoons and evenings are times to unwind and eat. For adherence reasons during dieting, I've also found that placing the feeding phase later in the day is ideal for most people.

The protocols

I work with four different protocols depending on when my clients train. Depending on setup, one, two, or three meals are eaten in the post-workout period.

Fasted training

Training is initiated on an empty stomach and after ingestion of 10 g BCAA or similar amino acid mixture. This “pre-workout” meal is not counted towards the feeding phase. Technically, training is not completely fasted - that would be detrimental. The pre-workout protein intake, with its stimulatory effect on protein synthesis and metabolism, is a crucial compromise to optimize results. The 8-hour feeding phase starts with the post-workout meal.

Sample setup

11.30-12 AM or 5-15 minutes pre-workout: 10 g BCAA
12-1 PM: Training
1 PM: Post-workout meal (largest meal of the day).
4 PM: Second meal.
9 PM: Last meal before the fast.

Calories and carbs are tapered down throughout the day in the example above.

Early morning fasted training

Here’s a sample setup for a client that trains early in the morning and prefers the feeding phase at noon or later. Read this for details regarding this protocol.

6 AM: 5-15 minutes pre-workout: 10 g BCAA.
6-7 AM: Training.
8 AM: 10 g BCAA.
10 AM: 10 g BCAA.
12-1 PM: The “real” post-workout meal (largest meal of the day). Start of the 8 hour feeding-window.
8-9 PM: Last meal before the fast.

For the sake of convenience, I recommend getting BCAA in the form of powder and not tabs. Simply mix 30 g of BCAA powder in a shake and drink one third of it every other hour starting 5-15 minutes pre-workout. Tabs are cheaper, but much more of a hassle (you’re going to have to pop a lot of tabs). Check my supplements guide for specific brand recommendations.
**One pre-workout meal**

This is the most common setup for my younger clients that are still in college or have flexible working hours.

Sample setup

12-1 PM or around lunch/noon: Pre-workout meal. Approximately 20-25% of daily total calorie intake.
3-4 PM: Training should happen a few hours after the pre-workout meal.
4-5 PM: Post-workout meal (largest meal).
8-9 PM: Last meal before the fast.

**Two pre-workout meals**

This is the usual protocol for people with normal working hours.

Sample setup

12-1 PM or around lunch/noon: Meal one. Approximately 20-25% of daily total calorie intake.
4-5 PM: Pre-workout meal. Roughly equal to the first meal.
8-9 PM: Post-workout meal (largest meal).

**Key points**

* No calories are to be ingested during the fasted phase, though coffee, calorie free sweeteners, diet soda and sugar free gum are ok (even though they might contain trace amount of calories). A tiny splash of milk in your coffee won’t affect anything either (½-1 teaspoon of milk per cup at the most - use sparingly and sensibly if you drink a lot of coffee). Neither will sugar free gum in moderation (~20 g).

* The fast is the perfect time to be productive and get things done. Don’t sit around, get bored and brood about food.

* Meal frequency during the feeding phase is irrelevant. However, most people, including me, prefer three meals.

* The majority of your daily calorie intake is consumed in the post-workout period. Depending on setup, this means that approximately 95-99% (fasted training), 80% (one pre-workout meal) or 60% (two pre-workout meals) of your daily calorie intake is consumed after training.

* The feeding window should be kept somewhat constant due to the hormonal entrainment of meal patterns. We tend to get hungry when we’re used to eating and maintaining a regular pattern makes diet adherence easier. If you’re used to breaking the fast at 12-2 PM and ending it at 8-10 PM, then try to maintain that pattern every day.

* On rest days, meal one should ideally be the largest meal, as opposed to training days where the post-workout meal is the largest meal. A good rule of thumb is to make meal one on rest days at least 35-40% of your daily calorie intake. This meal should be very high in protein; some of my clients consume more than 100 g of protein in this meal.

* When working with clients I am always open to compromising on the above rule. If your preference is to eat a larger meal in the evening instead of noon, or whenever you break the fast, it’s no great harm. Some people prefer to save the largest meal on rest days for dinner with their family instead of having a large lunch and that’s fine by me if it makes them enjoy and adhere to their diet better.

* Macronutrients and calorie intakes are always cycled through the week. The specifics depends on the client’s ultimate goal: fat loss, muscle gain or bodyrecomposition. The details will be revealed in the book. Generally speaking, carbs and total calorie intake is highest on training days. On rest days, carbs are lower and fat is higher. Protein is kept high on all days.

* Here are the supplements I recommend everyone to take on a daily basis: a multivitamin, fish oil, vitamin D and extra calcium (unless dairy is consumed on a regular and daily basis).

* For fasted training, BCAA or an essential amino acid mixture is highly recommended. However, if this feels like too much micromanaging or simply questionable from an economic standpoint, you could also make due with some whey protein. The importance of protein intake prior to fasted training is outlined in this and this post.

* People sometimes ask me which protocol is best. I tend to look at things from a behavioral perspective first and foremost, so my reply to that is to choose the protocol best suited to your daily routine and training preferences. When dealing with clients I make the choice for them. If you work a 9-5 job and your only option is to train after work, training fasted is generally a bad idea and I always choose the one or two meals pre-workout protocol.

* Even from a physiological perspective, each protocol has its own strengths and theoretical benefits. With “physiological perspective” I mean in terms of nutrient partitioning, fat loss and muscle growth. This deserves an article on its own. I have some interesting and compelling arguments that I think are very unique.

Below I’ll list some other resources that I think will give you an idea of what Leangains is all about.
The intermittent fasting diet is good for people who need results and convenience.

He is a bodybuilding.com fascination and hype machine. He has zero elite clientele; he turns average people in the fitter average people, people ride his dick even though he has no credentials, his training advice is shit, he acts like he has all the answers to end bro-science but all of his training advice is bro-science.

He is fucking diced up I will give him that, but he has the muscle mass of an Olympic volleyball player yet acts like he has found some secret and everyone who does things the tried and true way is an idiot. I think the guy is a troll, he has claimed he is writing a book for 5 years and all he does is post other peoples studies and information and then contradict it with his retarded bro-science nonsense.

His programs are moderate and get moderate results. He has the appeal and the information to inspire complete beginners to get into shape because he makes it easy. He has absolutely no credit in the bodybuilding realm.

I could go into his last article and point out the parts that make him sound retarded and contradict himself, or better yet, I will just post this picture of what he looks like. And no, he didn’t use to be bigger, this is him currently and he said he has peaked and is maintaining.

Keep in mind he claims he found the solution of LEAN GAINS and often quotes his own results as proof of his methods.berkhan.jpg

REVOLUTIONARY RESULTS

He has a p90 X body and I have seen people with my own eyes get better and faster results following p90X for the duration then any of his clients he posts. They are gym runts. This is the elite level, tell me when Berkhan has a client that looks like Jay Cutler or Victor Martinez in his prime.

All these science buffs have their heart in the right place, but there's one thing they all have in common – none of them are elite bodybuilders, and none of their clients are elite bodybuilders.
its really all bullshit. Basics work best. That's the thing, simplicity is key. Many people fail to realize that and long for the new and advanced diet/drug regime that can be found at any market. With purchase of the book, you'll also receive instructions for how to access an online calculator that will set up the diet and provide food recommendations.

As well, the diet also incorporates concepts I've discussed on this site: free meals, refeeds and full diet breaks to help with both adherence and the body's tendency to fight back when dieting. Guidelines are provided for when to take them, how to use them, etc.

In addition, guidelines for moving back to maintenance, as well as for using the program to transition into a more moderate fat loss diet are provided in detail. Specific training guidelines are also provided in order to provide the best results with the least time investment. Massive amounts of exercise aren't needed; quite in fact, too much exercise while on the rapid fat loss program can hinder results. Quite in fact, for the extremely overweight, no exercise is actually required to reap the benefits of the program.

The book provides specific recommendations (for everyone from beginners to advanced trainees) for both resistance training and aerobic activity in terms of how often and how much will provide the best results. As well, realizing that most people can't or won't join a gym, I developed a small home-exercise handbook outlining a basic routine that can be followed with no or minimal equipment. This is included with your purchase as a digital download.

Table of Contents

- Introduction
- Chapter 1: Just how quickly?
- Chapter 2: When is a crash diet appropriate?
- Chapter 3: Basic nutrition overview
- Chapter 4: Nutrient Metabolism Overview
- Chapter 5: An Overview of the Diet
- Chapter 6: Estimating body fat percentage
- Chapter 7: Exercise
- Chapter 8: Setting up the diet
- Chapter 9: Metabolic slowdown and what to do about it
- Chapter 10: Free meals, refeeds and diet breaks
- Chapter 11: Ending the Diet – Introduction
- Chapter 12: Moving to Maintenance: Non-counting Method Part 1
- Chapter 13: Moving to Maintenance: Non-counting Method Part 2
- Chapter 14: Moving to Maintenance: Calculation method
- Chapter 15: Back To Dieting
- Appendix 1: BMI and Body fat charts

Excerpt

The following is an excerpt from Chapter 1: Just How Quickly?

What can you expect?

On average, caloric intakes on this diet will come out to between 400 to 1200 calories per day coming almost exclusively from protein. For those of you familiar with ketogenic (low-carbohydrate, high-fat) diets, a PSMF is essentially a ketogenic diet without the dietary fat. Obviously, this will represent a fairly large caloric deficit; how large depending on your starting body weight and activity levels. So with all of that in mind, you may still be wondering what you can expect in terms of true fat loss per week. A lot of it, actually, will depend on where you're starting out body weight wise (activity also factors in), as that determines your maintenance caloric level.

A 165-pound male with normal activity patterns may have a maintenance requirement of about 2700 calories per day. At 800 calories per day on this diet, that's almost a 2000 calorie per day deficit. 14,000 calories over a week, 28,000 calories over 2 weeks (note there is a slowing of metabolic rate that reduces these values somewhat). Assuming all of the true (non-water) weight lost was fat (it won't be), that should be an 8-pound fat loss in 2 weeks (28,000 / 3,500 = 8 pounds) or approximately 2/3rd of a pound of fat lost per day. The true fat loss will be lower because of various inefficiencies and the slowdown of metabolic rate (which can start after only 3-4 days of severe caloric restriction).

A larger individual, say 250 pounds, may have a maintenance caloric requirement near 3,750 calories per day. At 800 cal per day on this diet, that's a 3,000-calorie per day deficit. Over 2 weeks, that's a 42,000-calorie deficit, divided by 3,500 calories per pound of fat equals 12 pounds of fat. That's on top of the 10 or more pounds of water that may be lost.

Females or lighter individuals with their generally lower maintenance caloric requirements will lose less. True fat losses of 1/2 pound per day or slightly less may be all that they get: that still amounts to a considerable fat loss (6-7 pounds true fat loss over 2 weeks) along with the extra water weight loss.
Here’s a true story... On a fitness message board, a member cautioned another against having peanut butter with his oatmeal. “Why not?” asked the confused youth. The pseudo-educated guy answered, “This is bad, never, especially while cutting, do you mix carbs and fats. PWO should be pro/carb.” I had to go into that thread and straighten things out. Yes, I’ll admit that I get kick out of breaking up a good bro-down. This incident was in 2004, and the last time I checked, we’re dangerously close to half a decade past that. Believe it or not, people still parrot this guideline.

Context-switching & oversimplification

In the same absolutist vein that The Zone Diet warns against consuming carbs without fat along with it, some of you may be aware of the opposite recommendation to avoid combining fats and carbs. It’s been suggested that when insulin levels are high, dietary fat in circulation has a better chance of making into the storage depots. This is misleading because it’s assumes a singular transient event will develop into the multi-factorial condition of over-fatness. Furthermore, it mistakenly ordains insulin as the almighty agent of fat gain (or inhibition of fat loss). Let’s clear up this mess, shall we?

How did this start?

Despite small fluctuations, the Standard American Diet (SAD) has traditionally been higher in carbohydrate (52%) and fat (33%), with protein (15%) taking up the least dietary space [1]. Since the prevalence of obesity has risen to belt-popping proportions in the US over the last three decades, it’s easy to claim that the high-carb/high-fat combination will keep you nice and plump. However, fitness buffs are typically on a high-protein/anti-carb kick, so the separation of carbs and fat in this population would have minimal impact either way. Still, the no-carbs-with-fat dictum has been adopted by many individuals in search of the edge; the magic secret.

A little horse sense

One of the biggest logical flaws of the “don’t mix carbs with fat” philosophy is that it’s extremely rare for individuals consuming more than one or two meals per day to be in a truly fasted state aside from waking in the morning. For most of us, there’s a constant meal absorption overlap that keeps insulin, glucose, amino acids, and lipids in the blood above fasting levels. Since we spend most of our waking hours in the ‘fed state’, it’s flat-out silly to think we can avoid this overlap by simply separating our carb and fat intake by a few hours. So, is this mixture of substrates in circulation a bad thing for fat loss in the first place? Buckle up, here comes the cold, hard data.

Separation anxiety

One thing that really bugs me is when someone makes an adamant claim about how the body works, but has no objective evidence to back it up. Such is the case with claiming that mixing fats and carbs is the ticket to fat gain (or fat retention). To my knowledge, there’s only a single study directly comparing the separation of carbs and fats versus their combination [2]. Both groups lost a significant amount of bodyweight. Although not to a degree of statistical significance, the combination group had greater weight and fat loss. The researchers concluded that despite popular belief, the separation of macronutrients (carbs and fat in particular) had no metabolic benefit over consuming them together.

More proof that having fat with carbs won’t hinder fat loss

A relatively recent trial examined the effects of 3 diets consisting of roughly 1400 kcals each for 8 weeks, followed by 4 weeks of maintenance [3]. The diets had the following macronutrient proportions: a) very low fat (70% carb, 10% fat, 20% protein), b) high unsaturated fat (50% carb, 30% fat, 20% protein), and c) very low carb (4% carb, 61% fat, 35% protein). Since none of the groups were told to separate their fat and carb intake, the high unsaturated fat group should have lost the least amount of fat because of all that dreadful mixing, right? On the contrary, no significant differences were seen in total weight loss, or loss of bodyfat percent. And here’s the kicker: this lack of difference in bodyfat reduction was seen despite the distinctly different effects each diet had on fasting insulin levels.

Another recent trial compared two 1500 calorie diets, a non-ketogenic diet and a ketogenic one [4]. Insulin sensitivity was equally improved between the groups. No inhibition of fat loss was seen in the non-ketogenic diet despite the fact that it was moderate in both fat (30%) and carbs (40%). In fact, the non-keto group lost more bodyweight and bodyfat than the keto group. although neither of these effects was statistically significant. It appears that any threat of fat/carb combining...
The keto group, although neither of these effects was statistically significant. It appeared that any threat of fat/carb combining slowing fat loss is imagination-based.

Nails in the coffin, anyone?

The current body of research focuses on obese, deconditioned, or untrained subjects. And still, the moderate-carb/fat-combining fails to show a fat loss disadvantage over carb-restricted or carb-separated conditions. Putting athletic subjects through the same conditions would show even LESS of a difference. Since fit folks have far better glucose and insulin metabolisms than the unconditioned obese, it-picky combination or separation would be a nonfactor for fat loss.

The bottom line is that as long as you're aware of your macronutrient targets for the day, go ahead and sludge that peanut butter into your oatmeal if your little heart desires it. Leave the neurotic eating behaviors for those with a lot of faith in fairy tales.

References


That's what I'm trying to say, people come up as if they are freakin re-inventing the wheel!

All of these people "debunking" myths about bodybuilding diets never walk the walk......If they spent the same amount of time eating fucking chicken breast and rice as they did researching ways to not eat chicken breast and rice, maybe they would look amazing.

How Fast Can You Lose Fat?

by Tan Yew Wei on March 30, 2010

In one sentence: as fast as your protein requirements let you.

First, there are stupid ways to do this. Some of those ways (juice fasting, relying on designer shakes, etc) are stupid at best and dangerous at worst. I am interested in the scientifically and anecdotally verified method of losing fat as fast as possible, doing so as safe a manner as possible.

There are a couple of concepts one should know when it comes to this topic. First and foremost: We want to lose fat mass, not lean mass. Lean mass is basically everything else that isn’t fat. If you weigh 80kg and have 20kg fat mass, then you have 60kg lean mass. That includes water, and thus becomes a very fickle measure due to changes in the body’s water balance. I won’t go into water balance now, but just to give the layperson a sense of scale, some athletes routinely drop 10kg of water for contest weigh-ins. Even an average 60kg person can lose 2kg of water on a low carbohydrate diet.

Do note that losing water isn’t too big a concern as long as negative dehydration effects are avoided. In this case, one can easily “put back the water” after dieting is done. What we are more interested in are our muscles. [1] With that goal in mind, we should then ask ourselves how do we prevent muscle loss; to elicit a protein sparing effect. Protein Turnover

The body basically has a certain level of protein turnover determined by various factors. Labcoats would be familiar with net nitrogen balance. What this says, is that the body requires a certain amount of protein every day for regular function. More accurately, there is a demand for various nitrogenous compounds, which are derived from protein. The higher the demand for such compounds, the greater the amount of protein being “processed”.

Various factors affect our need for protein. Of most relevance to our topic today, would be an energy deficit. Essentially,
the greater an energy deficit we are in, the higher our protein requirements.  
So the scenario is that when one goes into an energy deficit, protein requirements go up. If protein intake from the diet does not increase, the body will find other sources of protein. It gets this from lean tissue; you’re using your muscles to meet your protein requirements. [2 - note to labcoats]

**Why bother with sparing muscles? I Just Wanna Lose WEIGHT**

First, the way such a diet is set up (to prevent muscle loss) is arguably the safer way to commence a rapid fat loss diet. Second, question again why you want to lose fat. Be it for aesthetic reasons, health reasons or otherwise, retaining lean mass is usually the healthier and ultimately more fulfilling option. [3]

However, I will admit that sometimes, weight is all that matters. The best example would be athletes needing to make weight for a certain weight class. I will leave it to the reader to think of other possible scenarios.

**So What Does One Need to Do?**

Eat enough protein and lift heavy weights.

Again, the reason for the first point is to ensure that our body gets enough protein from our diet to meet requirements, therefore sparing muscle tissue.

How much is enough? For the average untrained individual, a value of 1g of protein per pound bodyweight every day is a good place to start (That’s 180g of protein for a 180lbs individual). For more experienced trainees, a value up to 2g/lbs Lean Body Mass is the value that is used.

The second point is a wholly complicated topic in it’s own right, but a simple explanation can get the point across. Essentially, training a muscle “tells it that it is needed” and swings the balance in favour of keeping it in its current shape.

Don’t train the muscle, and it is seen as “unessential”, and prone to being used to meet protein requirements. In fact, a training stimulus is probably our greatest ally in preventing muscle loss, and it does so through a whole bunch of processes which ultimately lead to increased protein synthesis within the muscle itself.

How much training is needed? For those who already do resistance training, strength retention in the 5-8 rep range is your best indicator. For a general routine, view this link. For those who don’t, its a good time to get started.

**Back to the Original Question**

Now that I’ve explained several concepts, we can finally answer the original question. Note that one’s protein requirements depend of various factors. One important factor is the amount of body fat a person is carrying.

That makes sense, since the more fat there is in the body, the easier it is to derive energy from that fat, and less protein is required. That also explains why the fatter one is, the faster one can lose fat. The reverse also holds true.

That said, using the principles above along with some other specific recommendations, it is possible for relatively lean individuals (15% body fat for males, 24% for females) to lose 1kg of fat per week.

**Proceed with Caution**

Rapid fat loss approaches aren’t easy, and if you have never paid attention to diet and training, it is unlikely that you can succeed without the relevant knowledge. While I cover a few basics here, they are far from enough. To get the full info, you will have to get ‘The Rapid Fatloss Handbook’ by Lyle McDonald. I can vouch for the effectiveness myself, having routinely dropped 1kg/week without muscle loss.

Even after that, actually sticking to the plan isn’t easy. Low calorie diets are stressful and draining. While it is possible to rapidly lose fat, it may not be (usually not) the smartest thing to do.

**Example Diet**

Just to give an example of the macronutritional ratios of such a diet, let’s use a 80kg man with 65kg lean mass, and a 60kg woman with 45kg lean mass, both with training experience.

**Male:**
- 1300 Calories
- 65 x 2 x 2.2 = 286g protein
- 10g fat
- 20g carbohydrates

**Female:**
- 950 Calories
- 45 x 2 x 2.2 = 198g protein
- 10g fat
- 20g carbohydrates

Very high protein, basically nothing of everything else. You will have to see ‘The Rapid Fat Loss Handbook’ for the actual details.

**Final Words**

My recommendation to avoid rapid fat loss approaches still holds. Bear in mind though, that nothing has to be black and white, and the principles here can still be used to good effect; adhering to a less extreme version of the examples I give above can give some really good results.

More importantly, ask yourself why you want to lose fat quickly, and then ask yourself if you’re willing to do what it takes to do it safely.

---

**Notes:**

[1] When I say muscles, I really mean everything that is essential to their function. This includes connective tissues and the like.


[3] Note: with some very obese people, there is "extra" lean tissue which is not muscle. A combination of water, connective tissue etc may be lost without harm (it may in fact be good).

Another scenario is probably with athletes who have non-functional muscle mass, and would like to reduce that. Eg: Cyclists arguably don’t need big arms and a huge chest. That said, such athletes wouldn’t go about doing that through diet alone, and neither would we be anywhere near the sillyness of some fad diets nowadays.
Let me go on record as saying just cause I think Berkhan is a tool, doesn't mean I think you have to eat every 3 hours on the dot and shakes in between blah blah. Between my long sleeps and morning cardio I usually go 13 hours without food daily. I just think the guy is a fucking goof.

---

you pretend to have ALL the answers ALL the time, but you look like garbage. how come you dont fantastic?

last time i checked Hany Ranbod and Chad Nicholls didnt look that great either...and?

are you really that thick? LOL...

i was talking about Glycemic Index not being as much of a factor as overall caloric intake,metabolism,protein and fat ratios,and level of physical activity.

the Timed Carb Diet deals with "when" to eat carbs and "what" other foods to combine them with for best results
Aceto recently mentioned a 10gram/wk cycle once shown to him by Nasser. I have a feeling guys are really pushing the envelope drug-wise... Click to expand. That doesn't sound right, Nasser was criticizing Greg Kovacs for taking 10 grams a week, said he knew this because he stayed at Greg's place once for a few weeks.

If GI doesn't matter (which dictates how long it takes for the body to digest and use the carbohydrates) what makes you think the timing of the carbohydrates matter?

Again, if GI doesn't matter, why would the food you combine the carbs with matter? Since that changes the GI.