



The Carbs That Turn Into Sugar

What's Actually Happening In Your Body

Which carbs drive blood sugar, weight gain, and visceral fat.

A Note From Kim

I didn't find this map in a textbook.

I found them in the middle of a life that had already asked too much of me. Fifty years of figuring out how to keep going when my body was screaming stop, when my nervous system had been running on threat mode for so long that calm actually felt dangerous.

I'm not a doctor. I'm not a therapist. What I am is someone who did the work, read the research, tested everything on myself, and built a team of people who believe the same thing I do — that your body already knows how to heal. It just needs permission and a little direction.

Every category in this guide is backed by real science. I just made it readable instead of a textbook.

Welcome to Together Unprocessed. I'm genuinely glad you're here.

Kim and the Team

7 Carb Categories Your Body Reads Differently

Understanding what actually turns into sugar — and what doesn't.

1. White Flour Products

Rapid spike

THE FOODS

- White bread, bagels, wraps, and buns.
- Pasta made from refined flour.
- Crackers, pretzels, and breadsticks.
- Most breakfast cereals and granola bars.

WHAT HAPPENS IN YOUR BODY

Refined flour has had its fibre and bran stripped away. What's left is essentially a fast-acting sugar delivery system. Your body breaks it down almost as quickly as table sugar — blood glucose spikes within minutes and insulin floods in to deal with it.

BLOOD SUGAR EFFECT

- ✓ Blood glucose spikes within 15–20 minutes
- ✓ Insulin surges to clear the sugar load
- ✓ Energy crashes shortly after the spike

2. Added and Liquid Sugars

Immediate spike

THE FOODS

- Soft drinks, fruit juice, and sweetened coffee.
- Flavoured yoghurts and smoothie bowls.
- Sauces — ketchup, barbecue, teriyaki, salad dressing.
- Granola, protein bars, and “health” snacks.

WHAT HAPPENS IN YOUR BODY

Liquid sugar enters your bloodstream faster than almost anything else because there's nothing to slow digestion. Even foods marketed as healthy — like fruit juice, acai bowls, and granola — can contain as much sugar as a soft drink. Your body doesn't distinguish between “natural” and “added” sugar once it hits your blood.

BLOOD SUGAR EFFECT

- ✓ Fastest possible glucose spike — no fibre buffer
- ✓ Liver converts excess fructose directly to fat
- ✓ Hunger returns quickly despite high calorie load

3. Starchy Vegetables

Moderate spike

THE FOODS

- White and sweet potatoes.
- Corn, peas, and butternut squash.
- Beets and parsnips.
- Carrots when cooked (raw is lower impact).

WHAT HAPPENS IN YOUR BODY

These foods are real, whole foods — but they still break down into glucose. Cooking increases their glycaemic impact because heat breaks the starch into simpler sugars your body absorbs faster. A baked potato raises blood sugar almost as much as white bread.

BLOOD SUGAR EFFECT

- ✓ Glucose rises steadily over 30–60 minutes
- ✓ Insulin stays elevated for longer than you'd expect
- ✓ Calorie density is higher than most people realise

4. Grains and Legumes

Slow-moderate spike

THE FOODS

- Rice — white, brown, and wild.
- Oats, quinoa, and couscous.
- Beans, lentils, and chickpeas.
- Whole wheat bread and whole grain pasta.

WHAT HAPPENS IN YOUR BODY

These are often called “good carbs” because they contain fibre, which slows digestion. But they still convert to glucose — just more gradually. For someone already carrying visceral fat or dealing with insulin resistance, the total carb load still matters even if the spike is slower.

BLOOD SUGAR EFFECT

- ✓ Slower glucose rise, but total sugar load is still significant
- ✓ Fibre buffers the spike but doesn't eliminate it
- ✓ Portion size determines whether this helps or stalls you

5. Fruit

Varies widely

THE FOODS

- High-sugar: bananas, grapes, mangoes, pineapple.
- Moderate: apples, oranges, pears, cherries.
- Lower-sugar: berries, lemons, limes, avocado.
- Dried fruit is concentrated sugar with no water buffer.

WHAT HAPPENS IN YOUR BODY

Fruit contains fructose, which doesn't spike blood glucose the same way — but your liver processes it directly, and excess fructose gets stored as fat, particularly visceral fat around your organs. Whole fruit has fibre that slows absorption. Juice and dried fruit remove that protection entirely.

BLOOD SUGAR EFFECT

- ✓ Fructose bypasses normal blood sugar pathways
- ✓ Excess fructose converts directly to liver and visceral fat
- ✓ Whole fruit is slower; juice and dried fruit hit fast

6. Above-Ground Vegetables

Minimal spike

THE FOODS

- Leafy greens — spinach, kale, lettuce, arugula.
- Cruciferous — broccoli, cauliflower, cabbage, Brussels sprouts.
- Zucchini, peppers, mushrooms, asparagus.
- Celery, cucumber, radishes, green beans.

WHAT HAPPENS IN YOUR BODY

These vegetables are mostly water and fibre with very little starch. Your body barely registers them as a sugar source. They fill your plate without filling your bloodstream. This is where carbs stop acting like sugar in your body.

BLOOD SUGAR EFFECT

- ✓ Negligible glucose impact — fibre outweighs sugar content
- ✓ No meaningful insulin response
- ✓ You can eat large volumes without metabolic consequence

7. Animal-Based and Fat-Rich Foods

No spike

THE FOODS

- Meat, fish, and eggs.
- Butter, ghee, tallow, and olive oil.
- Cheese and full-fat dairy.
- Bone broth.

WHAT HAPPENS IN YOUR BODY

These foods contain zero or near-zero carbohydrates. They don't convert to sugar. They don't trigger an insulin spike. When you replace high-carb foods with these, your blood sugar stabilises, cravings drop, and your body starts accessing stored fat — including visceral fat — for energy.

BLOOD SUGAR EFFECT

- ✓ No glucose spike — no insulin surge
- ✓ Body shifts toward burning stored fat for fuel
- ✓ Satiety lasts for hours without energy crashes

The Visceral Fat Connection

- Visceral fat wraps around your organs — it's driven by insulin, not just calories.
- Every blood sugar spike triggers insulin. Repeated spikes keep fat storage locked on.
- Fructose from juice, dried fruit, and sugar goes straight to visceral fat via the liver.
- Reducing carbs that spike blood sugar is the most direct way to reverse visceral fat.
- You don't need to count calories. You need to change which carbs you're eating.



You don't need to fix this today.

You just need to notice and re-orient.

@togetherunprocessed

Everything we share comes from our own journeys and experiences.
We're not doctors, and nothing here is meant as medical advice.
Always make decisions about your health with a trusted professional.