

FIT TIPS

Carbs Are Essential — Here's Why

Fit Tips-brought to you from my upcoming short book called CARBS & CALORIES



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Let the haters hate.

I could go into a long diatribe about how carbs are bad...very...very bad! Isn't that what most of us have been told? During my many years of body building my trainer advised me to go on an immediate high protein-low carb diet. Which is fine if you're looking

get ripped as fuck and make money in competitions. However, feeding ones ego with this bullshit can quickly make you lose focus on the goal of seeing your abs for the first time in your life.

1. Carbs are fuel

Remember, life runs on energy. So does your body and without carbohydrates you'll feel like crap and literally have no motivation to workout. When I was on a low carb diet it felt like work. That made it a lot harder for me to excel toward my weight loss goal because I was constantly thinking about food. The kind of food that makes you lose focus and become fat.

2. Don't be another hater

This last round of incarceration, if anyone's curious I was arrested on a felony warrant for multiple burglaries back in November, 2024. I found myself in yet another situation that put my low carb diet in jeopardy. For those of you that don't know, prison food is not only not nutritious but also loaded with carbohydrates. However, if you don't eat you will literally starve!

3. Mentally there

Back to mental motivation and in future posts I will dive much deeper into why this part of your fitness journey is so important. Everything that connects you to your physical goals' achievement is first sown within the mind. While laying on my bunk in prison I would visualize my abs and how I would want them to look. After eating a high carb meal, which consisted of 3 Ramen noodle soup packs a day, I would mentally see my body extracting what energy it could from these otherwise unhealthy food sources. Moral of the story always stay focused on what you want.

4. Listen to your body

A lot of fitness professionals will tell you what's "good" and "bad" for you and there's nothing wrong with that. They have a ton of great advice to give too. However, take all that information and figure out what works best for you. How do you do that? Listen to your body. Yep...it definitely will let you know what's working for you and what's not. Remember, the last time you started to eat something that didn't agree with you but you ate it anyways and suffered on the toilet later? That's a great example of not listening to your body.

5. Eat what you want not when you want

Discipline is key to this game of life if you didn't know that yet. Don't feel bad, it's taken me 47 years to learn that if I want something (and don't want to lose it later on) I have to cultivate self-control. So, you can eat whatever you want as long as you exercise moderation in your diet plan. I don't like the words cheat meal so I call it a reward meal.

There are days I walk into CVS still, and I have to stop myself (through self talk) from buying my favorite Ritters Alpine Milk Chocolate bar. But I do it not because I want it but because I know once I start breaking my discipline it's like lying to yourself again.

You know the feeling, when you look into the mirror and try to hide from the fat guy looking back at you. It's part of my personal value system to be *honest* in all of my affairs unless it would lead to physical harm or death. Most of the time I'm not being physically threatened so I remain genuine with myself and others. And it would be a huge asset to your fitness goals if you remained authentic with yourself too.

6. Wrap up with a burrito

You read it right. If you want that fat burrito from El Polo Loco if you live in Los Angeles, get it. But make sure you've earned it and only you can be the judge of that. What I do, is count my calories like a hawk. I don't think hawks can count? Who the hell knows, the point is, download a free app to your phone like My Fitness Pal which

can count calories for you easily and start watching how much you over eat. In my r post I'll dive more into why it's more important to count calories instead of carbohydrates.

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