



CARBOHYDRATES

THERE ARE TWO
MAIN KINDS OF
CARBOHYDRATES:

SIMPLE &

COMPLEX

Carbohydrates are used in the body as a quick source of energy. However, because carbohydrates are present in foods, with the exception of meats, overeating them is easy to do. Over consumption leads to weight gain, type 2 diabetes, and other health related issues.

Daily Goal: 100-200 grams of carbohydrates per day keeping simple sugars at a minimum! Be sure to check food labels for hidden sugar content!!!

SIMPLE

CARBOHYDRATES

These include simple sugars such as table sugar, sweetened beverages, juices, syrup, regular soda, candy, snack foods, desserts, and baked goods. Fruit is considered a simple carbohydrate, however the vitamin and mineral content in fruit is essential to our bodies!



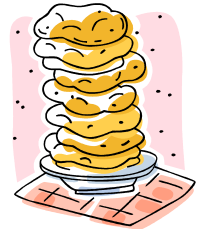
COMPLEX CARBOHYDRATES

These include whole wheat and whole grain pastas, breads, & cereals, legumes, beans, brown rice, and starchy vegetables (peas, corn, & potatoes). Complex carbohydrates take more time to absorb, thus contributing to stable blood glucose levels. Another benefit of complex carbohydrates is fiber. Fiber lowers bad cholesterol (LDL) & maintains colon integrity!

THE DANGERS OF LOW CARBOHYDRATE DIETS

The brain requires 90 grams of carbohydrate to function. When carbohydrates are restricted below this amount, the body will do whatever it takes to fulfill this requirement. This results in the breakdown of muscle tissue, which ultimately leads to kidney compromise and other health related complications. For this reason, low carbohydrate diets, such as the Atkins diet, are not only unhealthy but extremely dangerous!

On the contrary..



A healthy intake of carbohydrates is recommended to be between 100 and 200 grams per day (no less than 90 grams). Most Americans consume double this amount, which is why diabetes and obesity is on the rise!!!!

Examples of carbohydrate content in popular foods:

1 slice of whole wheat bread = 15 grams	1 cup vegetables = 5 grams
1 serving of non-fat dairy = 12 grams	1 bagel = 60 grams
4 oz. fruit juice = 15 grams	1/2 cup pasta or rice = 15 grams
1 bottle of regular cola (20 oz.) = 55 grams	1 piece of fruit = 15 grams

Types of Whole Grains

Whole Oats	Wild Rice
Steel Cut Oats	Buckwheat
Corn	Sorghum
Barley	Triticale
Wheat Berries	Farro (Emmer)
Bulgur	Kamut
Rye	Millet
Teff	Grano
Spelt	Quinoa
Amaranth	Brown Rice



Use these complex carbohydrates instead of white rice or white pasta. By substituting any of these whole grains, fiber and many other nutrients will be added to your meals! You can find these whole grains at grocery stores, such as Wegmans, Whole Foods & Trader Joes, at health food stores, such as The Great Pumpkin, or online.