

Carbohydrates

Carbohydrates give your body energy. They include sugars and starches. It is important to read food labels to know how many carbohydrates are in a serving of food.

Most foods are made up of three parts: protein, carbohydrates and fat. Nutrition Facts on a food label will tell you how much of the carbohydrate is simple or complex.

- Simple carbohydrates are sugars that can be easily digested. Milk is a healthy simple sugar, but most simple carbohydrates are not.
- Complex carbohydrates are starchy foods that have many vitamins, minerals, antioxidants and fiber. Complex carbohydrates take longer to digest. **Most carbohydrates eaten should be complex instead of simple.**

Complex Carbohydrates Sources

- Whole grain or whole wheat breads
- Whole grain or wheat pasta
- Whole grain cereals
- Brown rice
- Beans and lentils
- Potatoes
- Oatmeal and hot cereals
- Fruits and Vegetables

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 85g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Simple Carbohydrate Sources

Simple carbohydrates, also called simple sugars, are quickly digested. Most simple carbohydrates need to be avoided most of the time, as they are easily digested producing weight gain, leading to obesity and prediabetes.

- Baked goods, such as cakes, cookies, muffins, doughnuts or pies. They are made with white flour and not whole wheat flour like complex carbohydrates.
- Dairy-based goods, such as ice cream, pudding, frozen yogurt, fudgesicles, chocolate milk, hot chocolate and regular yogurt
- Fruit drinks or products (not 100% fruit products) such as fruit punch, lemonade, Kool-Aid, frozen juice bar, jello, popsicles, pop tarts or fruit bars
- White rice
- Sweetened cereals
- Granola, some products are high in sugar so check the nutrition label before buying
- Sweetened tea
- Regular Soda
- Sugar products, with molasses, corn syrup, table sugar, syrup or honey
- Jam and jelly
- Sweetened cereals
- Candy

Good Carbs: Increase by 50% per week

Bad Carbs: Decrease by 50% per week