



Carbohydrates often get a bad rap... especially when it comes to weight gain.

You may have seen advertisements for "low carb diets" as methods of weight loss & health promotion.



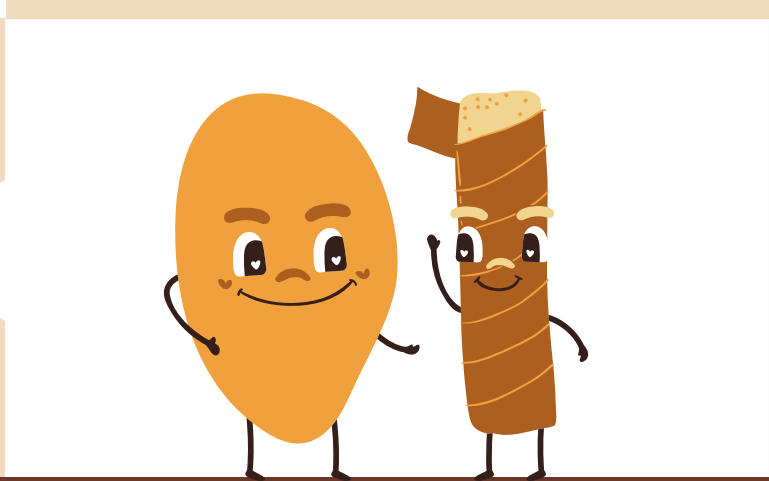
Industries that promote "fad diets" have popularized a false belief that ALL carbs are bad for us.

Carbohydrates in general are **NOT** bad or unhealthy.



They are our bodies' primary source of **energy**.
And essential to our health.

Carbs come in many forms.
Some are healthier than others.



You probably know this bread is a carb. →



← And these potatoes.

And this pasta. →



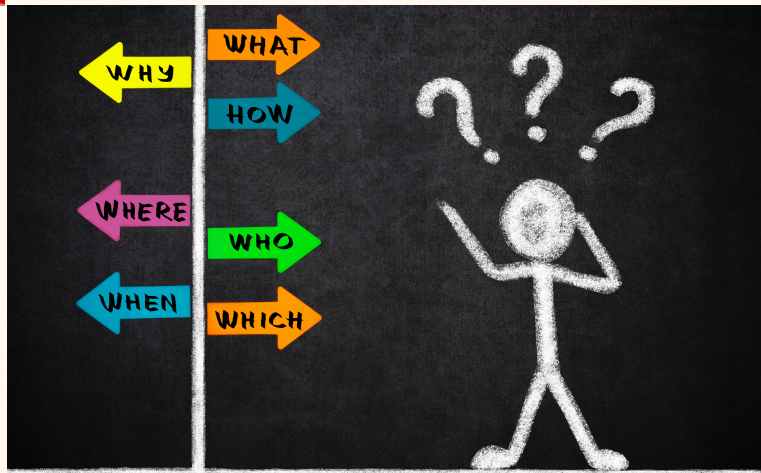
← But this FRUIT is also a carb.

And so is this juice. →



← And even this candy.

So what makes a carb a carb?

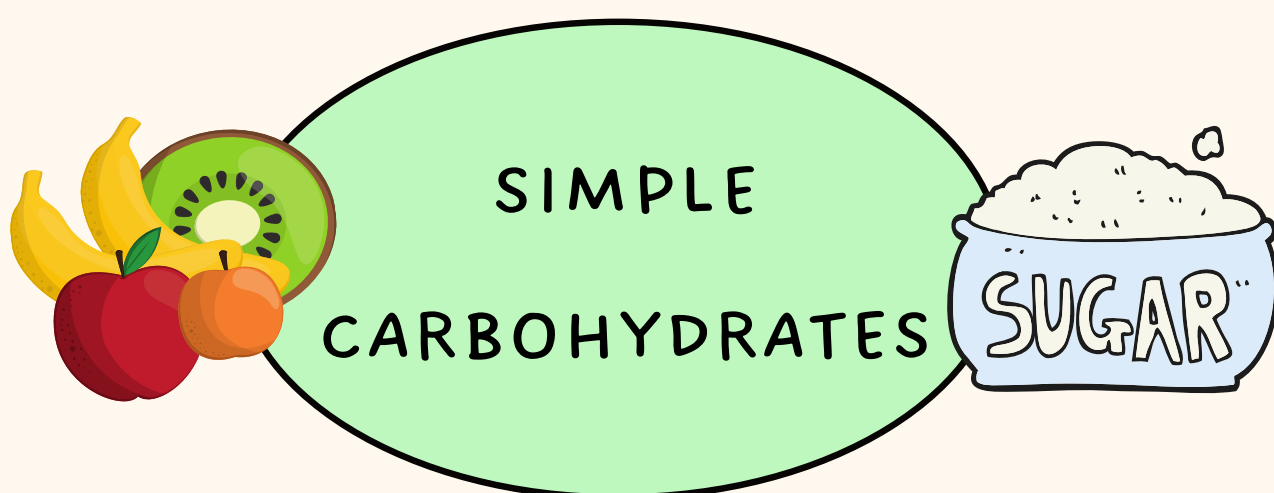
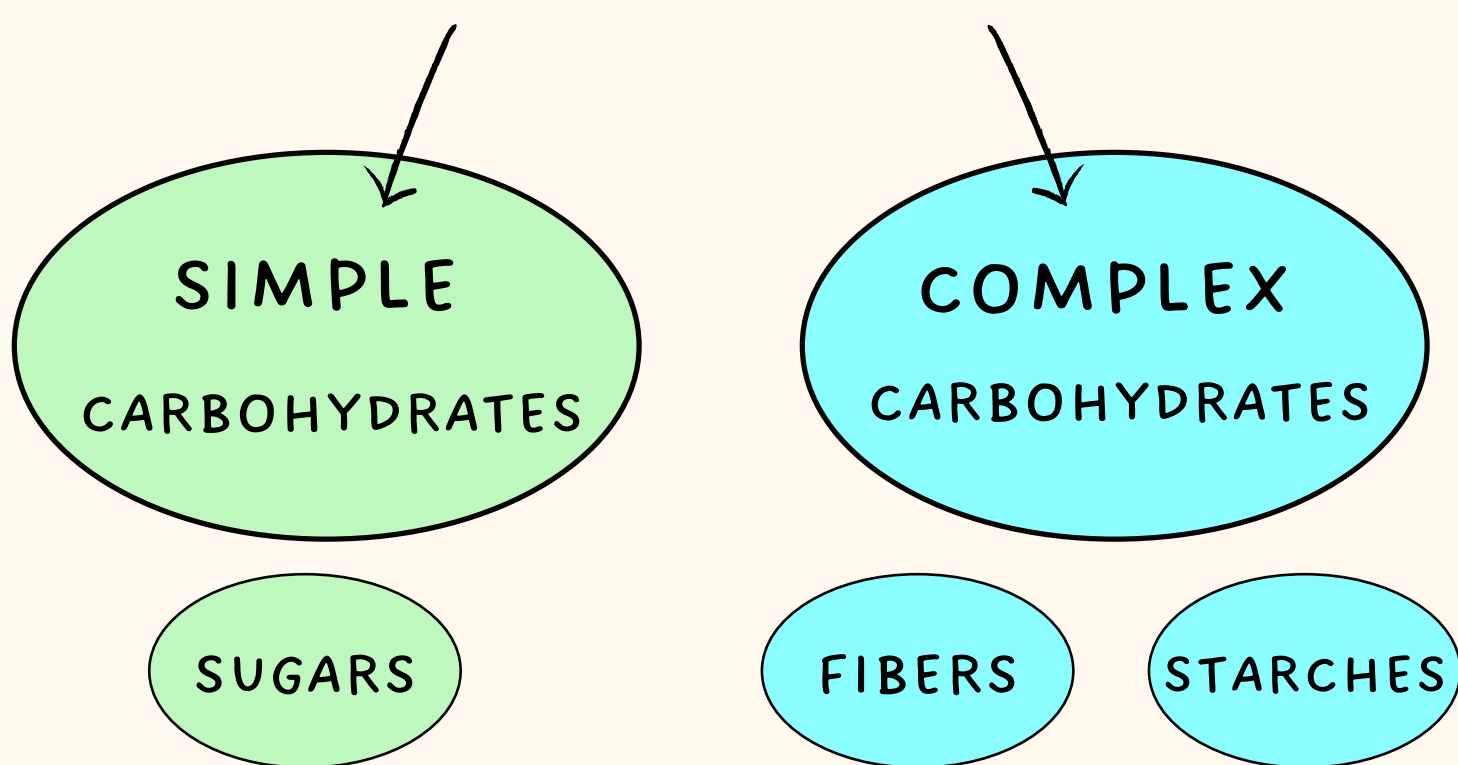


And why is there so much confusion about this nutrient's healthiness?

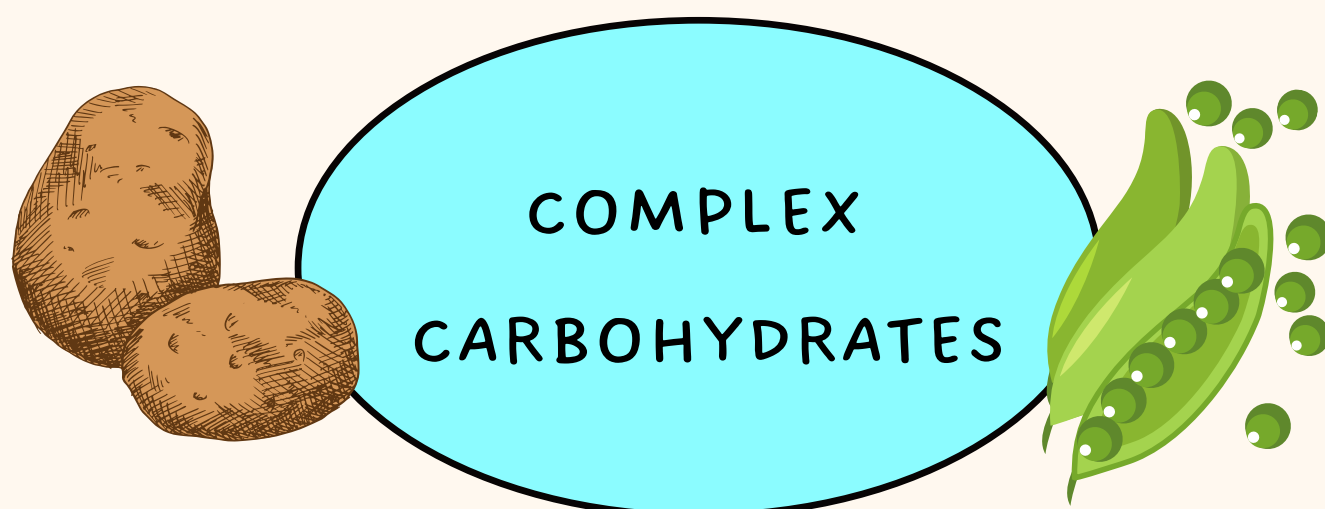
IS BUTTER A CARB?

THERE ARE 3 MAIN TYPES
OF CARBOHYDRATES:
SUGAR, STARCH, & FIBER

THEY ARE CLASSIFIED INTO
2 CATEGORIES:



- FOODS MADE OF INDIVIDUAL SUGAR MOLECULES
- BODY BREAKS THEM DOWN QUICKLY INTO ENERGY



- FOODS MADE OF STRINGS OF SUGAR MOLECULES
- BODY BREAKS THEM DOWN SLOWLY INTO ENERGY

SIMPLE CARBOHYDRATES

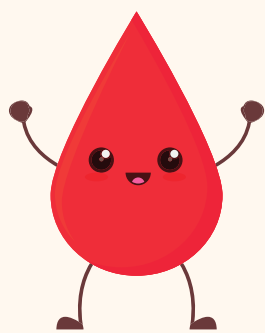
Simple carbs are **INDIVIDUAL** sugar molecules.

SUGAR



Some simple carbs come from fruit. These molecules are called **FRUCTOSE** (fruit sugar).

Fructose is **HEALTHY** when we eat whole, unprocessed fruits.



Other simple carbs come from our bodies breaking down food. These molecules are called **GLUCOSE** (blood sugar).

Glucose is **HEALTHY** when we eat natural, unrefined foods.

Natural



But sugars are often refined. This makes them **UNHEALTHY**.

Combining fructose and glucose makes an unnatural sugar. It's called **SUCROSE** (table sugar).



Sucrose is the "bad" type of carbohydrate that everyone keeps talking about.

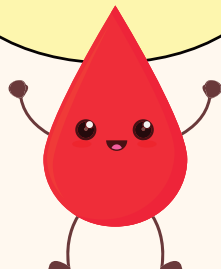
Fructose

+

Glucose

=

Sucrose



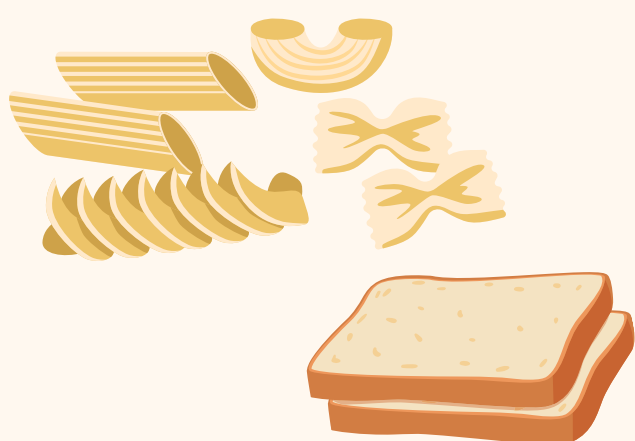
Our bodies break down sucrose quickly because the sugar is not accompanied by fiber.

This **SPIKES** OUR BLOOD SUGAR.



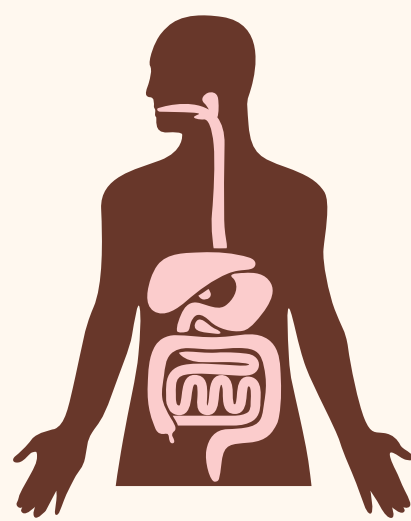
It gives us short-term energy (AKA a **SUGAR RUSH**) followed by an energy **CRASH**.

Sucrose is in **PROCESSED SUGAR** & items that contain it, such as candy & soda.



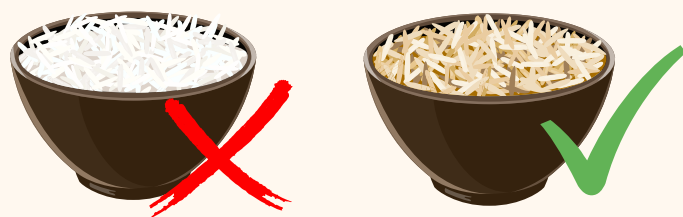
Sucrose is also in **REFINED GRAINS**, such as white bread, white rice, white pasta, & white flour.

Our bodies break down candy & refined grains in the **SAME WAY**.



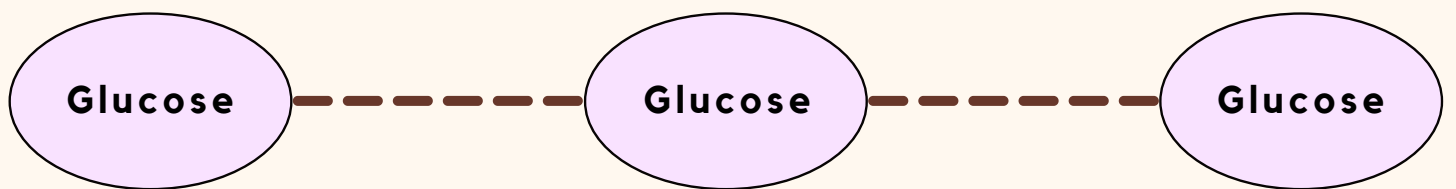
Consuming excessive sucrose can lead to an array of **HEALTH ISSUES**, such as obesity & heart disease.

We should **LIMIT** these foods in our diets as much as possible.



COMPLEX CARBOHYDRATES

- STARCHES -



STARCHES ARE MADE OF MULTIPLE GLUCOSE MOLECULES STRUNG TOGETHER. OUR BODIES BREAK THEM DOWN SLOWLY.

Starches **DO NOT** spike our blood sugar when we consume them.



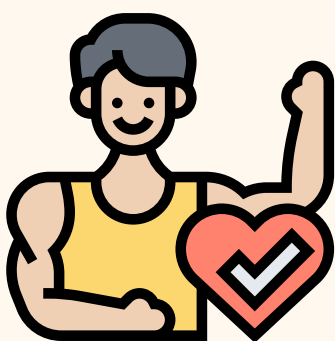
Our bodies turn starch into energy over an **EXTENDED** period of time.

So we can stay **FOCUSED & ACTIVE** throughout the day.



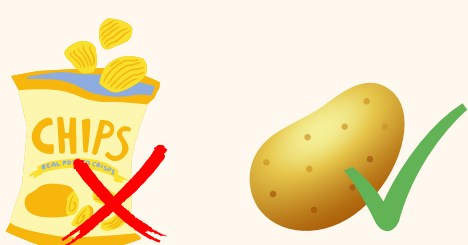
With **NO CRASH** afterwards!

If our bodies don't need the energy, it gets **STORED** in fat for later use.



We get the added bonus of **VITAMINS & MINERALS** that keep our bodies healthy & prevent disease.

Sounds pretty **AWESOME**, right?



Well it is! We should try to **INCLUDE STARCHES** in our diets instead of simple sugars.

COMPLEX CARBOHYDRATES

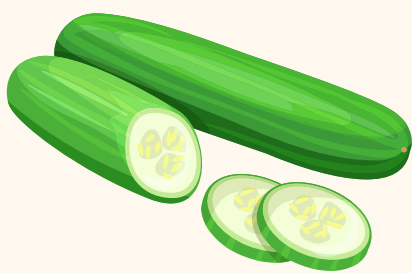
- FIBERS -

Fibers are carbohydrates that our bodies **CAN'T DIGEST**



Unlike starches, fibers don't turn into energy.

They help our bodies digest other foods & maintain a healthy metabolism.



HEALTH TIP:
Eat the skin on your fruits & veggies - that's where the fiber is!

THERE ARE 2 TYPES OF FIBER: SOLUBLE & INSOLUBLE

Soluble Fiber

- Dissolves in water
- Becomes a gel-like substance in body
- Regulates blood sugar & cholesterol levels
- Prevents body from absorbing some fats
- Makes us feel full after eating

Insoluble Fiber

- Does not dissolve in water
- Makes stool bulkier & easier to pass
- Helps alleviate constipation
- Maintains digestive system health & function

HOW MUCH SHOULD WE EAT?

CARBOHYDRATES

Recommended daily intake: 225g - 325g



1 medium potato
27 g



1 cup whole wheat pasta
37 g



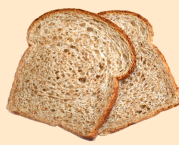
1 cup whole grain cereal
20 - 50 g



1/4 cup quinoa
31 g



1/4 cup brown rice
35 g



2 slices whole grain bread
24 g



1/2 cup peas
12 g



1/2 cup corn
16 g

FIBER

Recommended daily intake: 21g - 38g



1 medium avocado
13 g



1 cooked cup lentils
15 g



1 cup raspberries
8 g



1 cooked cup brussels sprouts
4 g



1 cooked cup broccoli
5 g



1 medium pear
5 g



1 cup chickpeas
12 g



1 cooked cup peas
9 g



HEALTH GOAL:

Consume at least

1 gram of fiber

for every 10 grams of carbs

