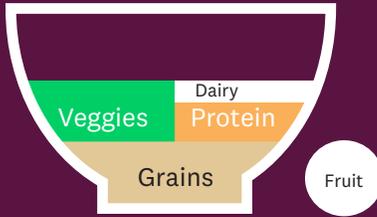


All About CARBOHYDRATES

What are carbs?



All foods are mostly composed of carbohydrates, protein, and fat. Carbohydrates have the greatest effect on blood sugar changes, so it is important to know more about them.

Carbohydrates are necessary for our body to function and are:

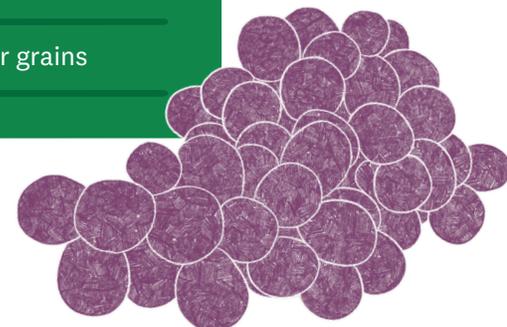
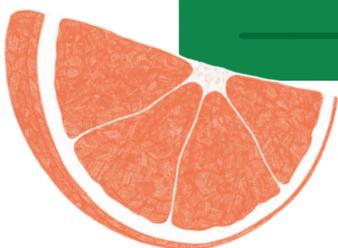
- The main source of energy for the brain
- The only source of energy for red blood cells
- The body's preferred energy source

There are many types of carbohydrates, but generally we want to consume carbohydrates that come from mostly whole foods, which are rich in fiber and other nutrients. These carbohydrates are found in mostly fruits, vegetables, grains, and some dairy, shown on

MyPlate. Not shown in the MyPlate are sources of carbohydrates from processed foods and beverages. Foods like crackers, chips, sweetened breads, soda, juice, and sports drinks can spike blood sugar since most of their carbohydrates come from added sugar.

Make Healthy Swaps!

High Sugar - Low Fiber Carbohydrate	Healthy Swap
Soda	Sparkling water (unsweetened)
Juice	Whole fruit
White bread	Whole grain bread
Sugary cereal	Whole grain—high fiber cereal
French fries	Baked potato
White pasta	Whole grain pasta or grains



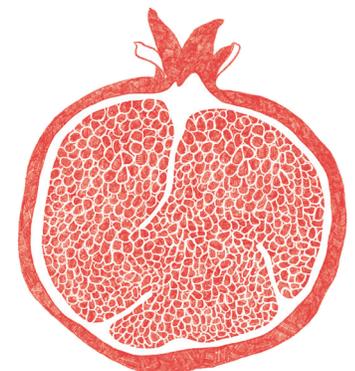
All About CARBOHYDRATES

Think about the carbohydrates you eat throughout the day and fill the left column. Then, think if that carbohydrate comes from a processed food. If the carbohydrate is processed, think of healthy carbohydrate coming from a whole food you like that you can switch it out for:

Carbohydrate	Processed (Yes?/No?)	Swap

Sources of carbohydrates from fruits, vegetables, and grains contain fiber which can help slow the release of glucose into the blood stream. Other ways to slow down a blood sugar spike after eating a carbohydrate is to eat it with a protein or fat source.

Carbohydrate Source	Fat/Protein Source
Strawberries	Yogurt
White rice	Black beans
Crackers	Nuts and cheese
Banana	Peanut butter
Pasta	Chicken



All About CARBOHYDRATES

How would you like to pair your carbohydrates?

Carbohydrate Source	Fat/Protein Source

Portion control is also important when thinking about carbohydrates, which is 15 grams of carbohydrates per serving. What does this look like?

Food	15 gram serving size
White rice, quinoa, & pasta	1/3 cup, cooked
Milk	1 cup
Banana	1/2 banana
Apple	1 small apple
Sweet potato	1/2 sweet potato
Broccoli	3 cups, raw
Carrot	1 cup, raw
Bagels	1/2 bagel
Blueberries	3/4 cup
Grapes	17 grapes
Strawberries	15 whole strawberries

You can always check the nutrition facts label to see how many carbs are in different foods!



Scan this QR code to watch a video on this topic