

Clue in on Carbohydrates

Why do our bodies **NEED** carbohydrates?

The major purpose of carbohydrates is to provide the body with energy. The body converts the carbohydrates from food into glucose. Glucose is used by the body as fuel which we need for energy, physical activity, and brain function.

The **BENEFITS** of choosing carbohydrates

Carbohydrates are an important part of a healthy diet. Choosing healthier carbohydrates with lots of fiber that are low-fat can actually help with weight management and controlling blood glucose levels.

CHOOSE...

Whole Grains
Low-fat or fat-free milk or yogurt
Beans or legumes
Vegetables
Fresh fruit

These are the best sources because they provide the body with vitamins, minerals, and fiber. These foods are found in all five food groups.

LIMIT...

Refined sugars
White flours
Sugary drinks
Fruit beverages
Regular sodas

These foods because they are considered refined carbohydrates. They may contribute to weight gain, interfere with weight loss, and affect blood glucose levels.

Nutrition Facts	
Serving Size: 1oz. (28g)	
Servings Per Loaf: 6	
Amount Per Serving	
Calories 170	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat .5g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	2%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	15%
Sugars 7g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Your % Daily Value Guide	
<p>5% is LOW Unhealthy ingredients such as fat, saturated fat, cholesterol, sugar, and sodium should be 5% of the Daily Value or less.</p>	<p>20% is HIGH Healthy components such as calcium, iron, vitamin A, vitamin C, and dietary fiber should have close to 20% of the Daily Value.</p>



5 quick ways to add healthy carbohydrates to your meals

1. Start the day with whole grains such as oatmeal or whole wheat toast.
2. Use whole grain bread for lunch or snacks.
3. Try other types of grains like brown rice, bulgur, wheat berries, and whole wheat pasta.
4. Choose whole fruit instead of juice.
5. Bring on the beans. Beans are an excellent source of carbohydrates and protein.