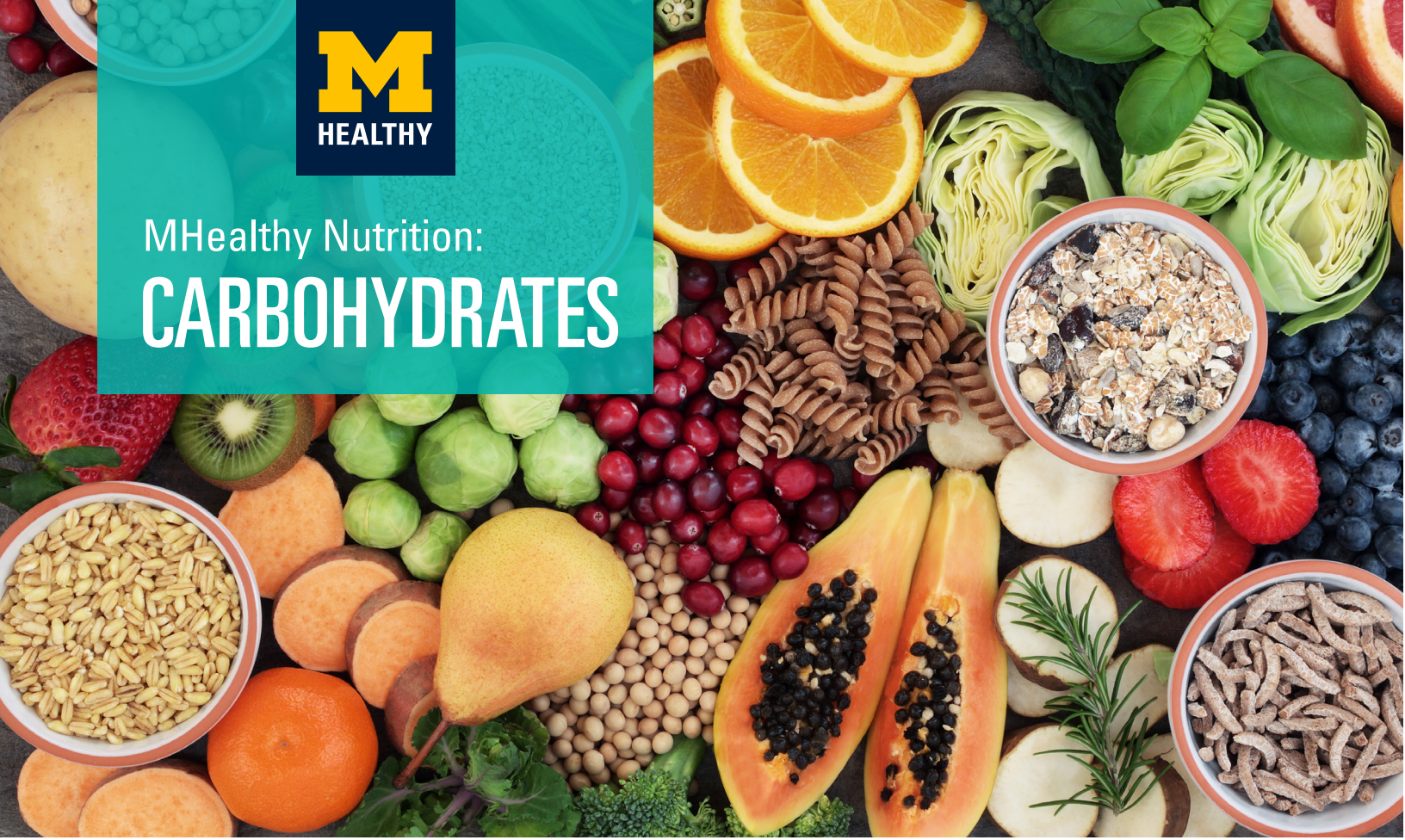


MHealthy Nutrition: CARBOHYDRATES



Here, we have laid out the facts on how to make healthier carbohydrate choices to fuel your body and mind and keep you healthy.

NUTRIENT-FILLED CARBOHYDRATE CHOICES

- Whole grain breads, cereals, and crackers; whole wheat pasta, brown rice, quinoa
- Fruits
- Vegetables
- Dried beans and peas

KEY BENEFITS OF NUTRIENT-FILLED CARBOHYDRATE CHOICES

- Source of vitamins, minerals, & phytonutrients
- Body's main source of energy
- Provides fiber which...
 - » Is filling
 - » May help regulate blood sugar
 - » May help lower cholesterol
 - » Aids in digestion

WHAT ABOUT ADDED SUGARS?

Most added sugars provide minimal beneficial nutrients. Reducing the amount of added sugars you eat may improve heart health and blood sugar, in those with diabetes.

READ THE INGREDIENT LIST

Common names for added sugar include:

- Sugar
- Sucrose
- Glucose
- Corn syrup
- Honey
- Maple syrup
- High fructose corn syrup
- Fructose
- Corn Sweetener
- Molasses
- Evaporated cane juice
- Cane crystals

CARBOHYDRATES ARE WHERE TO GET MORE ENERGY!

Focus on Fruits - Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices.

Vary your veggies - Eat dark green veggies, such as broccoli, kale, and other dark leafy greens. Choose red and orange veggies, such as carrots, sweet potatoes, peppers, tomatoes, pumpkin, and winter squash. Try beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.

Make half your grains whole every day - Including whole grain cereals, breads, crackers, rice, or pasta. Look for a whole grain as the first ingredient such as whole wheat flour, oats or brown rice.