

Breaking Down the Carbohydrate

The Good, the Bad and the Necessary

Carbohydrates get a bad rap.

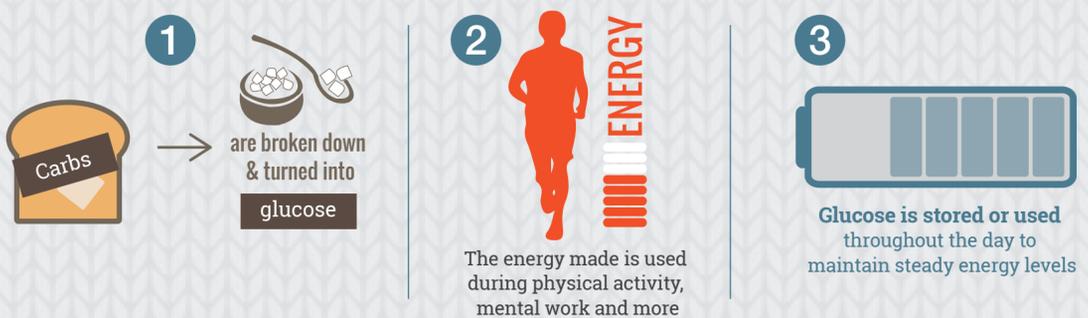
Many diets seek to curb or cut carbohydrates entirely but is that really the key to healthy weight loss? It's not! In fact, carbohydrates are an essential part of any healthy diet. NorthShore University HealthSystem takes a closer look at carbohydrates to help you start thinking in terms of quality rather than quantity.

Why Are Carbs So Important?

Carbs are the primary source of energy for the human body. You can't do without them!



The Journey of the Carb



TIP FOR DIABETICS:

It's important to keep track of your carb intake to keep glucose levels within a healthy range. Aim for 45-60 grams of carbs per meal.

It's Simple... or Complex!

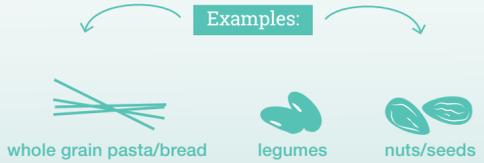
Simple Carbs

Simple carbs are just that—simple. They are composed of 1 to 2 easy-to-digest sugars and, in most cases, are of little nutritional value. Try to limit your consumption.

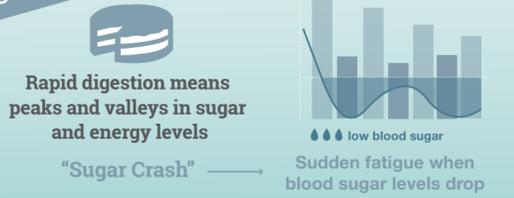


Complex Carbs

They consist of a series of sugars which take longer to digest, providing the body with a consistent level of energy throughout the day.



SUGAR RUSH!



SLOW & STEADY

Slower digestion means sugars are released into the blood at a more consistent rate

FIBER

Complex carbs are often high in fiber and keep you feeling fuller longer

STORE IT!

Insulin hormone levels, which are responsible for regulating fat storage, spike and tell the body to turn carbs into fat



Fruits & some vegetables are considered simple carbs but are high in fiber, making them behave more like complex carbs in the body.

It's easy to separate the good from the bad when it comes to carbs. Quality is key. Focus on high-fiber, nutrient-rich foods!

Good Carbs: Make the Switch

Carbs that are high in fiber get absorbed at a slower rate, helping you avoid highs and lows in blood sugar levels.

Try these healthy, high-fiber carbs:

Unsalted Popcorn 5 g carbs & 1 g fiber / cup	Avocado 13 g carbs & 7 g fiber / half	Oatmeal 32 g carbs & 4 g fiber / cup
Almonds 2 g carbs & 1 g fiber / 10 almonds	Hummus 9 g carbs & 3.5 g fiber / 1/4 cup	Raspberries 15 g carbs & 7 g fiber / cup

Hidden Carbs

Surprise! These Foods are High in Carbs



Yogurt
40 g carbs / cup



Baked Beans
52 g carbs / cup



Caramel Macchiato
25 g carbs / 12 oz. cup



Orange Chicken
146 g carbs / standard order size

Tips For Eating The Right Carbs

- ✓ Check the ingredient list
- 1st Look for the following items to be listed first in an ingredient list: whole wheat, brown rice, buckwheat and/or rolled oats
- Choose snacks like popcorn, whole grain cereal, dried fruit or unsalted nuts
- Mix in whole wheat flour with white flour in pancake, waffle and muffin recipes

Sources

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