

# CARBOHYDRATES: WHY ALL THE HATE?

September 15th



## WHAT ARE CARBS?

Carbohydrates are the main nutrient that supply your body with energy. Starch, fiber, and sugar are all forms of carbs! Carbohydrates provide energy in the form of glucose. Under normal conditions, the body will use the glucose from carbs immediately for energy or store it for later.

## WHY DOES DIET CULTURE DISLIKE THEM?

Simple carbs, or carbs stripped of vitamins and minerals, cause sudden spikes in blood sugar. They contribute to obesity, heart disease, and high cholesterol. Simple carbs are found in highly processed foods with added sugars.

*Should we completely cut out carbohydrates from our diet?*

No! Complex carbs, carbs that come with vitamins and minerals, come with many essential health benefits.

## BENEFITS OF CARBS

### 1. Main source of energy

Carbohydrates provide our body's main source of energy. They keep us fuller for longer periods of time, and are especially important in supporting brain function.

### 2. Manage Digestion

Fiber, a type of carbohydrate, is especially important in digestive health. Fiber supports a range of digestive functions, including bowel movement regulation and consistency.

### 3. Prevent muscle breakdown

Stored carbs can be used for energy when our bodies are hungry. If we do not have any carbs stored, our bodies will break down our muscles for energy instead. To sustain muscle strength and growth, carbohydrates are needed as a source of energy.

## AT A GLANCE

### SIMPLE CARBS

- Refined grains (white bread, cereal, and pasta)
- Soda and general sweets
- Table sugar and syrups

### COMPLEX CARBS

- Whole grain bread, pasta, and cereals
- Fruits and vegetables
- Beans and Lentils

## NEWEST RECIPE:



### PB BITES

\*peanut butter can be swapped with another nut butter of choice.