

# CARBOHYDRATES: HOW CAN WE DO THEM RIGHT?

September 22nd



## WHY DOES DIET CULTURE DISLIKE THEM?

As discussed in our nutrition newsletter, the type of carb you eat makes a big difference in nutrition value. Simple carbs contribute to obesity, heart disease, and high cholesterol, and 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.

## WHAT'S THE PROPER PORTION?

As discussed in our nutrition side, carbohydrates are the main nutrient that supply your body with energy. 45%-65% of your daily food intake should be carbs! That's about half of your meals everyday.

## Quick tips

### 1. Avoid processed food when possible

Simple carbs are easily found in processed food. These carbs contribute to multiple chronic diseases over time, such as obesity and high cholesterol.

### 2. Check the nutrition label

Simple carbs that are often snuck into foods can be easily found in nutrition labels. Keep an eye out for additive high fructose corn syrup, which can also be called glucose-fructose syrup, isoglucose, and crystalline fructose.

### 3. Eat a variety

A balanced meal requires the presence of other types of food. We may think of grains as a main source of carbs, but carbs can be found in fruits and vegetables too!

## SIMPLE SWAPS:

- WHITE BREAD -> MULTIGRAIN, SPROUTED, OR WHOLE WHEAT BREAD
- WHITE PASTA -> WHOLE GRAIN OR CHICKPEA PASTA
- PROCESSED FRUIT AND VEGETABLE PRODUCTS (LIKE FRUIT GUMMIES) -> WHOLE FRUITS OR VEGETABLES

## NEWEST RECIPE:



## WHITE BEAN HUMMUS WRAP

\*Check it out on our website to view the whole recipe!

Check our [resources](#) at our website!