

# CARBOHYDRATES



## Carbohydrates 101

Carbohydrates are the main fuel source for the body. They store energy and prevent the protein and healthy fat we eat from being used for fuel. Our brain, kidneys and heart, even central nervous system, rely on carbs to function their best.

Carbohydrates bring dietary fiber to the body which helps keep us full, regulate bowel movements, and keep our cholesterol levels in check. Without the proper amount of carbohydrates in the daily diet, our health may be impacted. Fatigue, constipation, headaches, weakness, and possible vitamin and mineral deficiencies can all occur when the body is not properly fueled. Aim to spread healthy whole grains, fruits, beans and starchy vegetables throughout the day, and balance them with protein and healthy fats.

## Simple VS Complex Carbs

Complex carbohydrates are high in fiber and include whole grains, starchy vegetables, and beans. Though carbs are often demonized in the media, complex carbohydrates promote a healthy weight, balance blood sugar, and keep us full. Some simple carbohydrates occur naturally in foods, though most are processed. Aim to choose whole, high-fiber carbohydrates, including fruit, to fuel your body.

