



Understanding Carbohydrates

There are two forms of carbohydrates:

Complex carbohydrates (whole grains, vegetables, beans, & fruits):

- Are long chains of glucose units
- Provide fiber to slowly release energy over next 4-6 hours
- Provide long-lasting energy
- Increase serotonin level to help you feel good
- Satisfy appetite
- Are rich in vitamins, minerals, antioxidants, and phytochemicals
- Reduce risk of disease

Simple carbohydrates (sugar, desserts, candy):

- Are short units of sugar
- Go into system very quickly
- Do not promote satiety in high intakes
- May do the following:
 - ❑ Compromise nutrition and health
 - ❑ Provide calories without many nutrients
 - ❑ Promote insulin resistance
 - ❑ Turn off appetite-control mechanisms
 - ❑ Increase appetite for more sugar
 - ❑ Increase tension and fatigue

Be sure to:

- ✓ Eat high-fiber, complex carbohydrates.
- ✓ Reduce your sugar cravings by eating adequate complex carbohydrates.
- ✓ Satisfy your sweet tooth with:
 - Fresh fruits
 - Cereal sweetened with dried fruit such as cherries, apples, apricots, & raisins.
- ✓ Limit sugar intake to 30 – 40 grams or less of added sugars per day (fresh fruits are not included in this limit).
- ✓ Limit sugar intake to 15 grams or less of added sugars per day for those with diabetes and high triglycerides.

Remember: 1 teaspoon of sugar = 4 grams of sugar