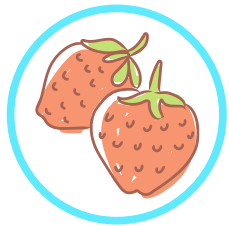


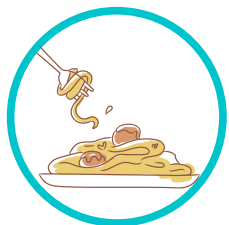
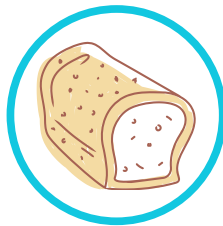
Complex Carbohydrates

What are carbohydrates?



- Carbohydrates are sugars, starches and fibers found in fruits, grains, vegetables, and milk products.

- Grains like rice and bread contains carbohydrates that are broken into energy that our body can use to help us carrying out every day functions (walking, running, thinking, etc.)

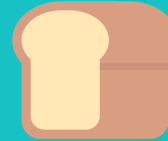


- Carbohydrates are a necessary part of our diet, but not all carbohydrates are created equal! ☹️

COMPLEX VS SIMPLE CARBOHYDRATES

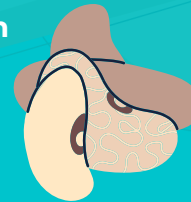
SIMPLE CARBS

- ie. white bread/rice
- Are broken down quickly and can cause blood sugar to spike, making one feel more tired and hungry



COMPLEX CARBS

- ie. brown rice, whole grains, beans, corn
- Contain more fiber and vitamins that are harder for the body to breakdown which causes you to maintain steady blood sugar and help you feel fuller for longer!
- Steady blood sugar can help with sustaining stable energy levels throughout the day!



Complex Carb Recommendations

- Oatmeal (caution: instant packages may contain high sugar levels)
- Brown bread – whole wheat bread, whole grain bread
- Brown rice (more fibrous, help keep fuller for longer, maintain steady blood sugar)
- Quinoa
- Whole wheat pasta
- Beans and legumes

Adapted from: <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates/types-of-carbohydrates.html>