

Unrefined Carbohydrates vs Refined Carbohydrates

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Carbohydrates





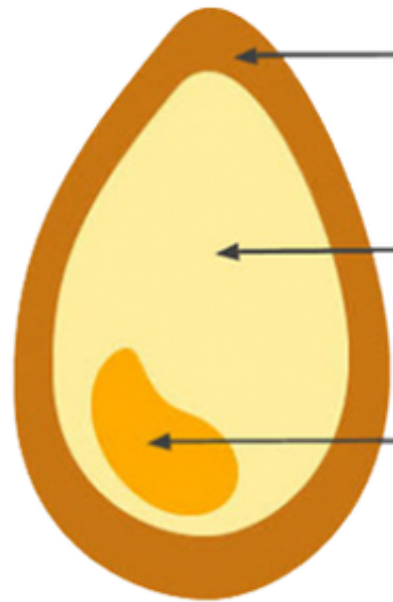
Unrefined Carbohydrates vs Refined Carbohydrates



- Unrefined Carbs are whole grains.
- Nutrient dense
- Includes fruits, vegetables, whole grain, wheat bread, legumes, oats...

- Refined Carbs are processed grains.
- Calorie dense
- Includes candy, donuts, cake, ice cream, pizza, white bread, white pasta, cereal...

Whole Grain →



Bran

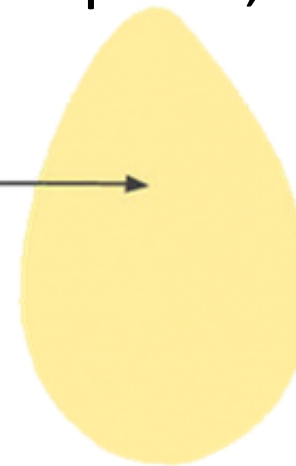
The fiber-rich outer layer that protects the seed and contains B vitamins and trace minerals.

Endosperm

The middle layer that contains carbohydrates along with proteins.

Germ

The small nutrient-rich core that contains antioxidants, including vitamin E, B vitamins and healthy fats.



← **White Grain**



How is it processed?

- Refining process removes the nutrients, vitamins, and fiber.
- In its place are artificial sugars, salt, and preservatives.
- Results in a softer texture and tastier end product
- Extends the shelf life, to maximize profitability

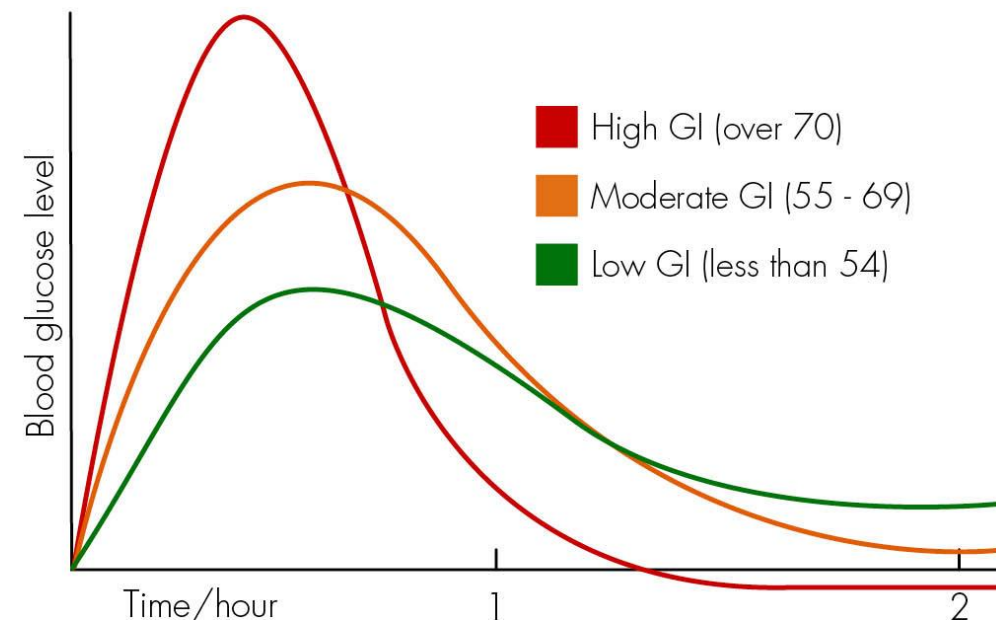




Effects on Health

- High Glycemic Index ↓
- Results in...
 - High Blood Sugar
 - Weight Gain
 - Diabetes
 - Hunger
 - Lack of Concentration

The Glycemic Index



Nutrition Facts	
Serving Size 2/3 cup (85g)	
Servings Per Container 5	
Amount Per Serving	% Daily Value*
Calories 25	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	2%

Ways to Improve Health

- Everything in moderation 80%, 20%
- Pair Carb with protein and fiber
- Opt for healthier alternatives
- Intuitive eating

Broccoli	10	Canned kidney beans	52	Corn chips	72
Tomatoes	15	Orange juice	52	Watermelon	72
Peach	28	Sweet potato	54	Soda drink	72
Apple	36	Brown rice	54	Honey	73
Chickpeas	42	Sweet corn	55	French fries	76
All bran	42	Banana	56	Doughnut	76
Orange	43	Beetroot	64	White bread	79
Long grain rice	47	Cous cous	65	Cornflakes	84
Green pea	48	Table sugar	65	Baked Potato	85
Oat bran bread	48	Whole wheat bread	68	Dates	100
Carrots	49				



Eat well, Live well!



- Make better and smarter choices!
- Make a healthy and balanced diet!

**YOU ARE
WHAT YOU EAT!**

**GOOD
FOOD
is
GOOD
MOOD**

**“ Let food be thy medicine
and medicine be thy food**

Hippocrates ”

