

Carbohydrates

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Meet Carbohydrates

Carbohydrates are one of three macronutrients. They provide 4 calories per gram and are your body's primary fuel source.

Did you know? Less than five percent of Americans get the minimum recommended amount of whole grains per day.

Types of Carbohydrates

Simple vs Complex

- Simple carbohydrates are also known as simple sugars.
- Complex carbohydrates are made of strings of simple carbohydrates.

Processed vs Whole

- Processed carbohydrates are calorie dense and have little fiber or nutrients.
- Whole carbohydrates are rich in fiber and nutrients.

Choose whole, unprocessed carbohydrates whenever possible.

Grains 101

Processed vs Whole Grains

- Processed grains use only the endosperm of the grain kernel. They lack most of the vitamins and fiber that the whole grain contains.
- Whole grains include the entire grain kernel, which is made up of the bran, endosperm, and wheat germ. That means that whole grains provide fiber, vitamins, and trace minerals.

Fiber helps prevent chronic disease and lower cholesterol.

Sugars 101

There are many different types of sugar in markets today.

- Typical -- refined, raw
- Natural -- honey, maple syrup, agave, stevia
- Artificial -- aspartame, Splenda
- Sugar alcohols -- xylitol, mannitol, sorbitol

The Dietary Guidelines for Americans advocates that people should keep sugar below 25%. Right now, average consumption is closer to 35%.

Sodas, sport drinks, and energy drinks are the largest source of added sugar in the American diet.