

GOOD CARBS= COMPLEX CARBS

These carbs have a chemical structure that requires our body to work harder to digest them. This makes sure that the energy from these carbs is released over a longer period of time.. These usually be in their natural state and not labeled as "refined". These are good because they are high in fiber and nutrients and low on the glycemic index. They also help you feel full longer with less empty calories.



Examples

Cooked Vegetables

Raw Vegetables

Sweet Potato

Beans (Soaked)

Organic Whole Grain Bread (f
not gluten sensitive)

Whole Fruit

Chopped Fruit

Fruit Smoothie with whole fruit

Almonds





BAD CARBS= SIMPLE CARBS

The opposite of complex carbs are these simple ones which are composed of mostly smaller sugar particles and they are digested quickly. Because of their quick digestion, the body stores them longer and they get converted to fat. These carbs are usually processed and their natural nutrients have been depleted in the . Unfortunately these are not nutrient dense and they are full of empty calories. These are also low in fiber.

Examples

- Fried Vegetables
- Canned Vegetables
- White bread, white rice and pasta
- Cookies, cakes, muffins
- Granola Bars
- Cereal
- Pretzels, chips, crackers
- Flavored oatmeal
- Fruit Juice, Orange Juice
- Dried Fruit, Canned Fruit
- Whole Milk





MORE EXAMPLES OF GOOD CARBS & THEIR NUTRIENTS

Plantain

Vitamins A,C, B6, Magnesium, Potassium

Yam

Vitamins C, B6, Manganese, Potassium

Sweet Potato

Vitamins A, C, B6, Potassium, Manganese, Magnesium, Iron, Vit. E, Chromium

Onion

Vitamin C and Potassium

Beets

Folate, Manganese

Carrots

Vitamin A, K1

Turnips

Vitamin C, E, and Potassium