CARBOHYDRATES

45% - 65% OF DAILY CALORIES

CARBOHYDRATES ARE THE BODY'S MAIN SOURCE OF ENERGY. THEY ARE CALLED CARBOHYDRATES BECAUSE, AT THE CHEMICAL LEVEL, THEY CONTAIN CARBON, HYDROGEN AND OXYGEN. CARBOHYDRATES PROVIDE FUEL FOR THE CENTRAL NERVOUS SYSTEM AND ENERGY FOR WORKING MUSCLES. THEY ALSO PREVENT PROTEIN FROM BEING USED AS AN ENERGY SOURCE AND ENABLE FAT METABOLISM. CARBOHYDRATES ARE IMPORTANT FOR BRAIN FUNCTION, AS THEY ARE AN INFLUENCE ON MOOD, MEMORY, ETC., AS WELL AS A QUICK ENERGY SOURCE.

GOOD VS. BAD CARBS

SIMPLE VS. COMPLEX CARBOHYDRATES

SIMPLE CARBS: CONTAIN ONE OR 2 SUGARS, USUALLY PROCESSED AND REFINED SUGARS AND DO NOT HAVE VITAMINS, MINERALS OR FIBER.
COMPLEX CARBS: HAVE 3 OR MORE SUGARS, OFTEN STARCHY. BETTER NUTRITION AND ENERGY SOURCE.

COMPLEX CARBS:
LOW OR MODERATE IN CALORIES
HIGH IN NUTRIENTS
HIGH IN NATURALLY OCCURING FIBER
LOW IN SODIUM

SIMPLE CARBS:
HIGH IN CALORIES
FULL OF REFINED SUGARS
LOW IN MANY NUTRIENTS
LOW IN FIBER

GOOD SOURCES OF CARBOHYDRATES

VEGETABLES
APPLES
BANANAS
STRAWBERRIES
LENTILS
KIDNEY BEANS
PEAS
ALMONDS
WALNUTS
PEANUTS
BROWN RICE
PURE OATS
PUMPKIN SEEDS
CHIA SEEDS
HAZELNUTS
QUINOA
POTATOES
SWEET POTATOES
YOGURT