



Good Carbs... yes !! Bad Carbs... no !!

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Good carbohydrates include those found in nutritious, high-fiber fruits and vegetables, legumes, and unrefined whole grains, including certain types of rice, such as brown and wild. Unfortunately, fiber is often removed from grains during processing to produce a smoother texture and to extend the shelf life of breads and other baked goods. Without fiber, processed grains become essentially chains of glucose (sugar) molecules known as starches, which are devoid of nutrients. These bad carbs must be avoided on a healthy diet.

Besides being packed with vitamins and minerals, good carbohydrate foods typically contain plenty of fiber, which takes longer to digest, thus keeping blood-sugar levels steady — and cravings and hunger at bay.

Buying Foods With Quality Carbs

When you pick up a product, be sure to first check out the Nutrition Facts panel. This will show you the total amount of carbohydrates and how much of that total comes from fiber (and/or sugar). The higher the fiber in a product the better it is (refined-flour products often have very little). Then look at the ingredients list to see where the fiber is coming from. The first ingredient should have the word “whole” (and ideally 100% whole) in front of a specific grain (like whole wheat and whole oats) or should list a lesser-known (but still whole) grain, like brown rice, bulgur, kamut, millet, or quinoa. Finally, for the healthiest choices, look for whole-grain breads that contain no trans fats and at least 3g of dietary fiber per slice.



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