



## TIPS FOR CHOOSING HEALTHIER CARBOHYDRATES

- Eat a rainbow of different colored fruits and vegetables.
- Add beans and peas to your favorite dish.
- Choose reduced fat or fat free dairy products.
- Follow MyPlate by making at least 1/2 of the grain foods you eat, whole grains.

# CARBOHYDRATES

**Carbohydrates are 1 of the 3 macronutrients, along with protein and fat.** They provide 4 calories per gram to help fuel your body. Carbohydrates are broken down into glucose in the human body, which is the primary energy source for the body's cells, tissues, and organs. Glucose can be used immediately or stored in the liver and muscles for later use, which is known as glycogen.

Depending on the chemical structure of carbohydrates they can be digested quickly and provide an immediate burst of energy or digested slowly and supply a steady release of glucose into the blood stream.

## WHICH FOODS HAVE CARBOHYDRATES?

There are three main types of carbohydrates found in foods: sugars, starches, and fiber.

- Whole grains: brown rice, oats, bulgur and other foods made from whole grains
- Starchy vegetables
- Dairy products like milk and yogurt
- Fruits and 100% fruit juices
- Beans and foods made from beans (such as soy milk)



In addition to energy, healthier carb choices can provide additional nutrients like fiber, protein, vitamins, and minerals.

## OTHER FOODS WITH CARBOHYDRATES

- sugar, syrup, and honey
- foods made with added sugar or other sweeteners (like candy, soft drinks, cakes, cookies, and other snack foods)
- foods made with refined grains (like white flour, white bread, white rice)

These foods provide calories but often lack fiber and additional nutrients. These foods should be chosen less often.