

# Carbohydrates

CARBOHYDRATES are the body's main source of energy. This means that carbs aren't bad, necessarily—but some are *better than others*.

Carbohydrates are found in sugars, starches, and fibers. The *important* thing is to know which foods have the *good carbs*!

**YES PLEASE!**

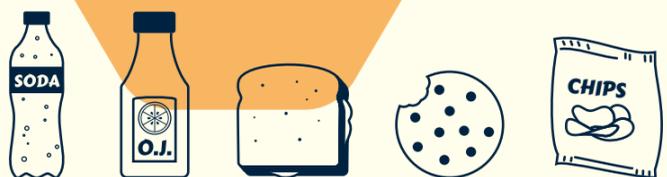
**JUST A BIT!**

- **VEGETABLES:** All of them. It is best to eat a variety of vegetables every day.
- **WHOLE FRUITS:** Apples, bananas, strawberries, etc.
- **LEGUMES:** Lentils, chickpeas, pinto beans, kidney beans, peas, etc.
- **NUTS AND SEEDS:** Almonds, walnuts, hazelnuts, macadamia nuts, chia seeds, pumpkin seeds, etc.
- **WHOLE GRAINS:** Choose grains that are truly whole, as in pure oats, quinoa, brown rice, etc.
- **ROOTS & TUBERS:** Potatoes, sweet potatoes, radishes, beets, etc.



You can get *good carbs* from unprocessed or minimally processed foods like these!

- **SUGARY DRINKS:** Soft drinks, Vitamin water, etc. Sugary drinks are some of the unhealthiest things you can put into your body.
- **FRUIT JUICES:** Unfortunately, fruit juices may have effects similar to sugar-sweetened beverages.
- **WHITE BREAD:** The process that makes bread flour white (*refinement*) also removes healthy nutrients.
- **CANDY & DESSERTS:** These tend to be very high in sugar and/or refined wheat.
- **FRIES AND POTATO CHIPS:** Whole potatoes are healthy, but french fries and potato chips are not.



Try to limit carbs from *highly processed* or refined foods like these.

