

# Carbohydrates

...are not all good or all bad. It depends on the *type*:



## Unprocessed or minimally-processed carbohydrates

- Found hand-in-hand with fiber, which keeps us fuller for longer, as well as vitamins and minerals
- Like **logs on a fire**, they burn slowly and allow a steady release of energy
- Think *single ingredient foods*... as found in nature
- Excellent choice!


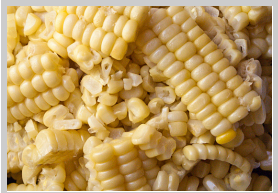






## Highly-processed carbohydrates

- Digested more quickly
- Cause blood sugar spikes, leading to ups and downs
- Like **kindling**... they burn and release energy quickly
- Often have *multiple ingredients*
- Little or no vitamins, minerals, or fiber
- Avoid!

## What does “processed” mean anyway?

It is any means by which a food is broken down or prepared. For example:

Unprocessed or Minimally-processed	Moderately-processed	Highly-processed
<p><b>CORN on the cob</b>, plain and simple, is unprocessed.</p>  <p><b>Corn off the cob</b> is essentially unprocessed as well.</p> 	<p><b>Polenta</b> is made from cornmeal and water.</p>  <p><b>Corn tortillas</b> are made primarily of corn. Avoid versions with added oil and refined flour.</p> 	<p><b>Frosted Flakes</b> should be self-explanatory here.</p>  <p><b>Tortilla chips</b> are very high in fat and salt.</p> 

<p><b>Unprocessed or Minimally-processed</b></p>	<p><b>Moderately-processed</b></p>	<p><b>Highly-processed</b></p>
<p><b>POTATOES</b> contain &lt;1 cal/gram and have both fiber and protein. They will fill you up for few calories. Not all “white” foods are “highly refined”. White bread is highly refined, but white potatoes are an excellent, unrefined choice.</p> 	<p><b>Homefries</b> may have added salt and oil, but mostly still resemble potatoes.</p> 	<p><b>Potato chips</b> are loaded with oil and salt and contain 6 cal/gram.</p>  <p><b>Smiley fries</b> are very cute, but are highly refined and look nothing like potatoes anymore.</p> 
<p><b>WHEAT</b>... is not very palatable in its unrefined form.</p>  <p><b>Shredded wheat</b> often has one ingredient... wheat. Avoid versions that contain salt or are frosted with sugar.</p> 	<p><b>100% whole grain pasta</b> has few ingredients. If it does not say <b>100%</b>, it probably contains refined flours also.</p>  <p>Choose <b>100% whole grain bread</b> with 5 ingredients or less and no added oil.</p> 	<p><b>Breakfast cereals</b> may appear healthy on the box, but often have added salt, sugar, and oil.</p>  <p><b>Crackers</b> are highly refined, and often contain many ingredients</p> 

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<p>Brown <b>RICE</b> is rice in its natural form, filled with vitamins, minerals, and fiber.</p>  <p>Take a closer look:</p> 	<p>White rice is missing the bran and germ layers... where vitamins, minerals, and fiber are stored!</p>  <p>Plain <b>rice cakes</b> may contain some salt, but generally have few ingredients other than puffed rice.</p> 	<p>Fried rice is typically made with salt, oil, and calorie-dense sauces</p>  <p>Rice-based snacks tend to have many ingredients and no longer resemble rice in its natural form.</p> 
<p>Steel cut <b>OATS</b> are made by chopping oat groats into pieces. They take longer to prepare and have a chewy texture.</p>  <p>Old fashioned oats are made by rolling out oat groats.</p> 	<p>Instant oats (also known as quick oats) are pre-cooked, dried, and then rolled and pressed. They cook in "1 minute" as they claim and have a more porridge-like texture.</p> 	<p>Don't be fooled! These <b>granola bars</b> contain refined flours, oil, and several types of sugar.</p>  <p>Instant oatmeal is highly refined and loaded with sugar.</p> 