

What are Carbohydrates?

Good Carbs come from whole-grain cereals, oatmeal, brown rice, whole-grain bread, fruit, vegetables, and low-fat dairy.

Bad Carbs come from white sugar, white bread, white rice, soda or pop, alcohol, and candy.

Carbohydrates are an important source of energy for our bodies. Good carbs are part of a healthy diet.

Good carbs

- ⇒ Are used up more slowly in the body, like whole-grain breads or vegetables
- ⇒ Are higher in fiber and vitamins
- ⇒ Are better for your diabetes, since they make your blood sugar go up more slowly
- ⇒ Give you more energy for longer periods

Bad carbs

- ⇒ Are quickly used up by the body, like white flour and white rice
- ⇒ Cause blood sugar levels to rise quickly
- ⇒ Can make your diabetes worse
- ⇒ Give you energy fast, but then make you crash

Not all carbs are bad for you!

- ⇒ It's important to choose good carbs as often as possible
- ⇒ This will help keep your blood sugar stable

Avoid soda or sweetened drinks, alcohol, candy, donuts, & fast or processed foods.