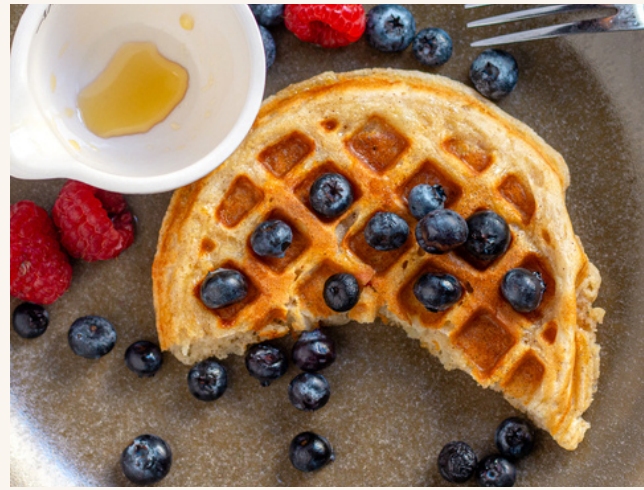


CARBOHYDRATE

cheat sheet



SIMPLE CARBS

Composed of one or two sugar molecules quickly absorbed and digested by our bodies. They enter our bloodstream quickly and cause a rapid spike in blood sugar levels. The best example is **table sugar** (chemically known as sucrose), which **consists of two molecules, glucose and fructose**. Another example is **fructose**, found in fruits, and **lactose**, found in dairy products.

COMPLEX CARBS

Contain long chains of sugar molecules and, as such, are more challenging to break in our bodies, providing a more sustained release of energy. These are found in **legumes, whole grains, veggies, and starchy vegetables such as potatoes**.

DIETARY FIBER

Our bodies can not break these complex carbohydrates; their role is to pass through our digestive system, aiding in regular bowel movements. They are found in **fruits, vegetables, nuts, seeds, and whole grains**.



FLIP



LOW GI VALUE (1 - 55) FOODS

green vegetables, most whole fruits, raw carrots, brown rice, kidney beans, chickpeas, lentils, whole-wheat pasta

MEDIUM GI VALUE (56 - 69) FOODS

sweet corn, bananas, raw pineapple, raisins, cherries, oat breakfast cereals, and multigrain, whole-grain wheat or rye bread

HIGH GI VALUE FOODS (70 AND HIGHER)

white rice, white bread and potatoes

- THE LOWER THE GI LEVEL, THE BETTER FOR YOUR HEALTH.
- CHOOSE WHOLE FOODS - OPT FOR PLENTY OF COMPLEX CARBOHYDRATES IN YOUR DIET, SUCH AS WHOLE GRAINS, FRUITS AND VEGGIES, AND LEGUMES, FOR A STEADY RELEASE OF GLUCOSE TO YOUR BLOODSTREAM.
- MINIMIZE THE CONSUMPTION OF HIGH GLYCEMIC INDEX FOODS TO AVOID SUDDEN BLOOD SUGAR SPIKES, WHICH ALWAYS FOLLOW WITH A SUGAR CRASH.
- WATCH PORTION SIZE AND DISTRIBUTE CARBS CONSUMPTION THROUGHOUT THE DAY.
- TAILOR CARBS INTAKE BASED ON YOUR ACTIVITY LEVELS
- OPT TO EAT COMPLEX CARBS EARLIER IN THE DAY TO HELP YOU AVOID EXCESSIVE CARB INTAKE CLOSE TO BEDTIME

Need more info?

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