

What are carbohydrates? This question never goes out of style. The simplest way to understand carbohydrates is to break down what they do for us. Our bodies break down carbohydrates in order to make glucose. Glucose is a sugar that our body uses to give us energy. Carbohydrates generally provide us with fiber, vitamins and minerals.

What Are the Different Kinds of Carbohydrates?

There are two kinds of carbohydrates: simple and complex. We get our simple carbohydrates from foods such as milk, milk products, fruit, table sugar or even a lollipop. Complex carbohydrates, on the other hand, come from starches like cereal, bread, beans, potatoes, and starchy vegetables and are absorbed into our systems more slowly. This helps to avoid large fluctuations in blood sugars. The nutritional value of complex carbohydrates offers our bodies a more slow released energy source so we can keep our bodies going.

Complex Carbohydrate Foods

- Pasta, couscous, quinoa, barley
- Rice
- Whole grain cereals and oatmeal
- Whole wheat bread , bagels, english muffins, tortilla
- Graham crackers, stoned ground wheat crackers
- Fruit yogurt (low fat)
- Legumes/ (beans, chick peas, lentils)
- Potatoes, yams, corn, green peas
- Cereal/granola bars (low fat)
- Whole grain pretzels, popcorn