What do the following items have in common?

- Jolly Ranchers
- Bananas
- Whole Wheat Bread
The major function of carbs is to provide energy.
Food Sources of Carbohydrates

- Rice
- Pastas
- Fruits
- Potatoes
- Breads
- Corn
SIMPLE CARBS

sugar molecules that remain separate

Fruits

Many vegetables

Milk and milk products

Sodas

Candies
COMPLEX CARBS

sugar molecules that join together to form long chains called starches and fiber

Rice
Pasta
Dried beans
Potatoes
Oatmeal
Notice that both fruits & candies appear together. Which is the:

Empty Calorie Food?
Candy

The Natural Sugar?
Fruit

The Refined Sugar?
Candy
Carbs convert to Sugar
Which goes into the bloodstream and the body makes Insulin
Too Many Carbs in Diet Can:

- Cause weight gain if stored and not used in exercise
- Lead to Diabetes; Type II if eating a lot of refined - leads to weight gain
- Cause energy bursts if refined & Continued energy if complex carbs have been overloaded
Too Few Carbs in Diet

- Cause “shaky” & light headed feeling
- Low energy; lethargic feelings
- Can affect diabetes if you already have it