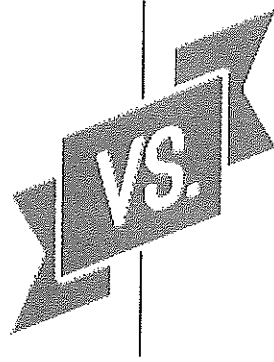


GOOD CARBS



BAD CARBS

Simple vs. Complex Carbohydrates

Simple carbs contain sugar, and usually no additional nutrients (sucrose, glucose, fructose, maltose, lactose). Examples of **simple carbs**: milk, milk products, fruit, table sugar, soda, candy, high fructose corn syrup.

Complex carbs contain sugar and additional nutrients (starch and fiber). They must be broken down through digestion before your body can use it as a glucose source. Examples of **complex carbs**: breads, cereals, vegetables, beans, potatoes, and whole grains.

**** Choosing the right food isn't always as simple as choosing complex carbohydrates over simple carbohydrates. For example, white bread is highly processed but is a complex carbohydrate. Another example is fruit, which is wholesome and natural and is considered a simple carbohydrate. ****



Breads & Cereals



Rice & Pastas



Nuts & Seeds



Vegetables & Fruits



Milk & Dairy



Juice & Soda

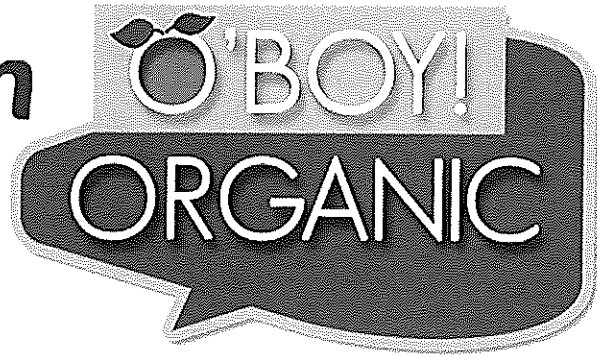


Candy & Desserts

Instead of labeling a carbohydrate as complex or simple, look at how whole or processed the food is. Limit your intake of highly processed, sweetened, or sugary foods.

Processed or Refined Carbohydrates: these foods are processed to make them more consumer friendly, easier to transport, and extend shelf-life. Processed carbs have been stripped of most of their nutrients and fiber and are "empty calories". They provide a strong glycemic response in the body (raise blood sugar and insulin levels) and are associated with weight gain, insulin resistance, pre-diabetes, elevated triglycerides, and nutrient deficiencies. **Examples of processed carbohydrates include:** bread, pasta, crackers, cookies, chips, cake, pastries, candy, soda, breakfast cereal.

Dirty Dozen & Clean 15



Dirty Dozen

1. Apples
2. Celery
3. Cherry Tomatoes
4. Cucumbers
5. Grapes
6. Hot Peppers
7. Imported Nectarines
8. Peaches
9. Potatoes
10. Spinach
11. Strawberries
12. Sweet Bell Peppers

Clean 15

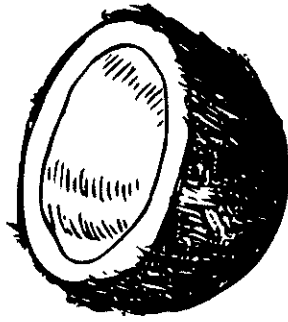
1. Asparagus
2. Avocado
3. Cabbage
4. Cantaloupe
5. Sweet Corn
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangoes
10. Mushrooms
11. Onions
12. Papayas
13. Pineapple
14. Sweet Peas - Frozen
15. Sweet Potatoes

Monounsaturated Fat

- Avocados
- Olives
- Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)
- Natural peanut butter (containing just peanuts and salt)

Polyunsaturated Fat

- Walnuts
- Sunflower, sesame, and pumpkin seeds
- Flaxseed
- Fatty Fish (salmon, tuna, mackerel, herring, trout, sardines)
- Non-GMO sources of soy milk and tofu



NATURE DOESN'T MAKE BAD FATS.

FACTORIES DO.

