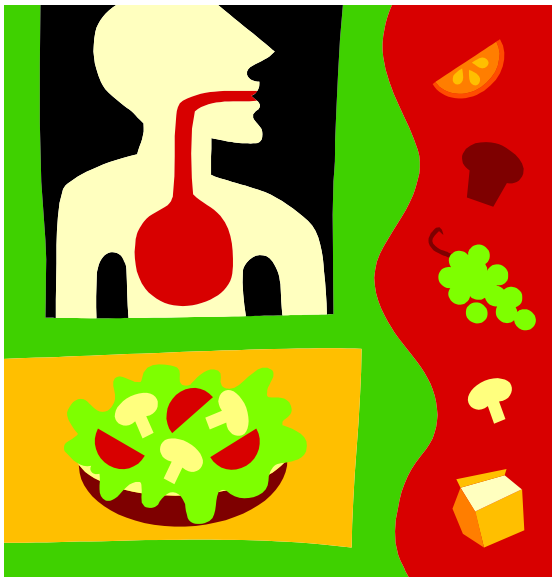
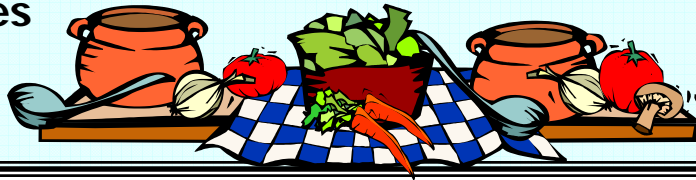




THE TRUTH ABOUT CARBOHYDRATES

Three Main Types

- **Sugar** – Naturally in Fruit and Added to Food
- **Starches** – Found in Breads, Starchy Vegetables, Cereals, Pasta, Crackers
- **Fiber** – Only carbohydrate that has no calories



What Carbs Do?

- Give us energy
- Help organs work well
- Keeps us regular
- Lowers cholesterol
- Makes us feel full

Benefits of Less Processed Carbs

1. May raise blood sugar more slowly and less after meals.
2. May reduce risk for heart disease and cancer.
3. Provides nutrients not found anywhere else.



HOW MUCH IS ENOUGH?

FOOD GROUP	FOR WOMEN	FOR MEN
Grains - at least 1/2 whole grains	6 servings	7 servings
Vegetables	2 cups	2 ½ cups
Fruit	1 ½ cup	2 cups
Dairy Foods	3 cups for both	

**GET 25-35
GRAMS OF
FIBER PER
DAY**

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