CARBOHYDRATES 101!

FIRST OF ALL, HOW DID YOU DO THIS PAST WEEK WITH “NO ICE CREAM / FROZEN TREATS?”

SO... CARBOHYDRATES. AKA “CARBS,” OR ITS ELEMENTAL ABBREVIATION, “CHO.” ARE THEY GOOD, OR ARE THEY BAD? AS WITH MOST EVERYTHING WE TALK ABOUT, IT ALL DEPENDS!

CARBOHYDRATES DO GET A BAD RAP. JUST LIKE ANYTHING ELSE, YOU CAN GET TOO MUCH OF A GOOD THING. THEY ARE, HOWEVER, THE BODY’S PREFERRED SOURCE OF ENERGY! FOOD THAT’S NOT MAINLY CARBS – IN OTHER WORDS, FATS AND/OR PROTEIN SOURCES – EVENTUALLY WILL BE USED FOR ENERGY ALSO – JUST IN A MORE ROUNDABOUT AND COMPLICATED WAY. OH, YOU’D BETTER BELIEVE THAT YOUR BODY IS ONE FANCY PIECE OF MACHINERY!

CARBOHYDRATES TURN TO GLUCOSE (SUGAR) IN THE BLOODSTREAM RELATIVELY QUICKLY. “HEALTHY” CARBS DO TAKE LONGER TO BREAK DOWN THAN, SAY, POP OR SUGARY SNACK FOODS.) THE PUREST FORM OF GLUCOSE COMES FROM CARBOHYDRATES. (REMEMBER THIS...WHEN READING LABELS, AN “OSE” SUFFIX INDICATES A SUGAR.) BUT WHAT ARE THE SOURCES OF THIS MACRONUTRIENT? (“MACRONUTRIENT” IS A TERM WHICH REFERS TO THE FACT THAT WE NEED THIS NUTRIENT IN RELATIVELY LARGE AMOUNTS FOR NORMAL FUNCTION AND GOOD HEALTH.)

- MILK / YOGURT
- STARCHES / GRAINS
  - BREAD / CRACKERS / RICE / PASTA / TORTILLAS / STARCHY VEGETABLES
- FRUIT
- SWEETS

LET’S TAKE THAT A STEP FURTHER. THERE ARE (YOU ALREADY KNOW THIS!) TWO TYPES OF CARBS:

**SIMPLE:**

- HONEY, SUGAR
- MOLASSES, SYRUP
- PIE, CANDY, ETC.!
- MILK SUGAR (GALACTOSE)
- JAM / JELLY / MARMALADE
- FRUIT SUGAR (FRUCTOSE)
- SODA / JUICE / SUGARY DRINKS
NONE OF THESE FOODS ARE BAD, NECESSARILY! IT’S JUST A QUESTION OF HOW MUCH YOU’RE EATING! THE IDEA IS TO SPREAD YOUR FOOD OUT OVER THE COURSE OF A DAY INTO 3 BALANCED MEALS PLUS 1 - 2 SNACKS. THIS WILL ALLOW YOU TO CONTROL YOUR HUNGER, AND IN TURN CONTROL YOUR WEIGHT.

YOU PROBABLY NOTICED THAT MILK AND FRUIT ARE IN THE “SIMPLE CARB” CATEGORY. THIS IS NOT TO SAY THAT EATING THOSE FOODS WOULD BE THE SAME AS EATING JUNK FOOD. OBVIOUSLY NOT! CANDY BARS DON’T HAVE VITAMINS, MINERALS, NOR FIBER! ALL CARBS ARE NOT CREATED EQUAL!

THERE ARE THREE SOURCES OF CALORIES: PROTEIN, FAT, AND CARBS. IF YOU WANT TO GET TECHNICAL, FOUR...ALCOHOL HAS 7 CALORIES PER GRAM. ANYWAY. PROTEIN AND CARBS HAVE FOUR CALORIES PER GRAM AND FAT HAS NINE. EATING TOO MANY CALORIES FROM ANY ONE OF THESE CATEGORIES WILL CAUSE YOU TO GAIN EXCESS WEIGHT, OF COURSE. LIKE I SAID BEFORE, IT’S ALL A MATTER OF BALANCE. TO LOSE WEIGHT, YOU HAVE TO CREATE A CALORIE DEFICIT: YOU MUST EAT LESS CALORIES THAN YOUR BODY REQUIRES TO MAINTAIN YOUR CURRENT WEIGHT. JUST REMEMBER: IF CALORIES IN ARE MORE THAN CALORIES OUT, YOU WILL GAIN WEIGHT!

**STARCH SERVINGS**

½ CUP BEANS, LENTILS, POTATOES  
1 OZ. BREAD

1/3 CUP RICE OR PASTA  
½ CUP COOKED CEREAL

¾ CUP DRY CEREAL

**DAIRY SERVINGS**

8 OZ. MILK  
6 – 8 OZ. YOGURT
FRUIT SERVINGS:

4 OZ. FRUIT JUICE ½ CUP CANNED FRUIT (DRAINED)
1 MEDIUM PIECE OF FRESH FRUIT

SIMPLE SUGARS:

SEE PURPLE SHEET!

OBVIOUSLY, JUST LIMIT (OR ELIMINATE!) THESE ITEMS WHEN YOU’RE TRYING TO LOSE WEIGHT!

BE SURE TO INCLUDE A LOT OF VEGETABLES. THEY DO HAVE CARBS, BUT THEY’RE PRETTY DILUTED. IN OTHER WORDS, THE FIBER AND WATER CONTENT MAKE THEM FILLING, NOT FATTENING! THEY’RE NOT CONSIDERED “HIGH CARB” FOOD. ALSO, WE TALKED ABOUT THIS LAST WEEK...AVOID SKIPPING MEALS, IF POSSIBLE. THIS WILL PREVENT OVER-EATING LATER IN THE DAY.

QUICK QUIZ: CARB OR NOT?

- APPLE
- EGG
- AVOCADO
- LENTILS
- CORN TORTILLA
- CORN
- SPaghetti Squash
- PIZZA
- MILK
- BANANA
- CARROTS
- BLACK BEANS
- ESTHER PRICE
- CHICKEN
- HAMBURGER
- PEANUT BUTTER
- CAKE
- ZUCCHINI
- PEAS
- YAM
- JICAMA
- CHEESE
- RAISINS
- ORANGE JUICE
SO, JUST LIKE IN REAL LIFE, SOME OF THE QUIZ ANSWERS WERE NOT A STRAIGHT “YES” OR “NO”!

OUR “NO!” FOOD(S) FOR THIS WEEK: PIE & CANDY
NO CONCENTRATED SWEETS! AVOID THESE OR USE SPARINGLY...

BREADS/STARCHES
- SWEET ROLLS /DONUTS/MUFFINS
- CARAMEL OR KETTLE CORN
- GLAZED SWEET POTATOES
- CINNAMON SUGAR PRETZELS
- GRANOLA BARS
- SUGAR COATED OR HONEY GLAZED CEREALS
- BEANS PREPARED WITH SUGAR OR MOLASSES

FRUITS
- FRUIT JUICE/FRUIT DRINK/PUNCH
- DRIED FRUIT
- CANNED FRUIT IN HEAVY OR LIGHT SYRUP

DAIRY
- CHOCOLATE OR STRAWBERRY MILK
- YOGURT WITH ADDED SUGAR
- SWEETENED MILK BEVERAGES/MILKSHAKES

MEAT/MEAT SUBSTITUTES
- GLAZED MEAT
- CHOCOLATE COVERED/SWEETENED NUTS

VEGETABLES
- SUGAR-COATED OR GLAZED VEGETABLES

COMBINATION FOODS
- SWEETENED SOUPS
- FOODS THAT CONTAIN SWEET SAUCES/GLAZE
DESSERTS/SWEETS
PIES/CAKES/COOKIES/FROSTING CANDY/CANDY BARS
JELLO/PUDDING ICE CREAM
SUGAR/HONEY/MOLASSES JELLY OR JAM

CONDIMENTS/MISCELLANEOUS
SWEET PICKLES/RELISH KETCHUP (MORE THAN 2 TBSP.)
BARBECUE SAUCE