

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JULY 23, 2018

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

COMPLEX:

PASTA	LENTILS	POTATOES (ALL)
RICE	BREAD, TORTILLAS	PEAS
BEANS	CEREALS	CORN

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

MILK

CAKE

EGG

BANANA

ZUCCHINI

AVOCADO

CARROTS

PEAS

LENTILS

BLACK BEANS

YAM

CORN TORTILLA

ESTHER PRICE

JICAMA

CORN

CHICKEN

CHEESE

SPAGHETTI SQUASH

HAMBURGER

RAISINS

PIZZA

PEANUT BUTTER

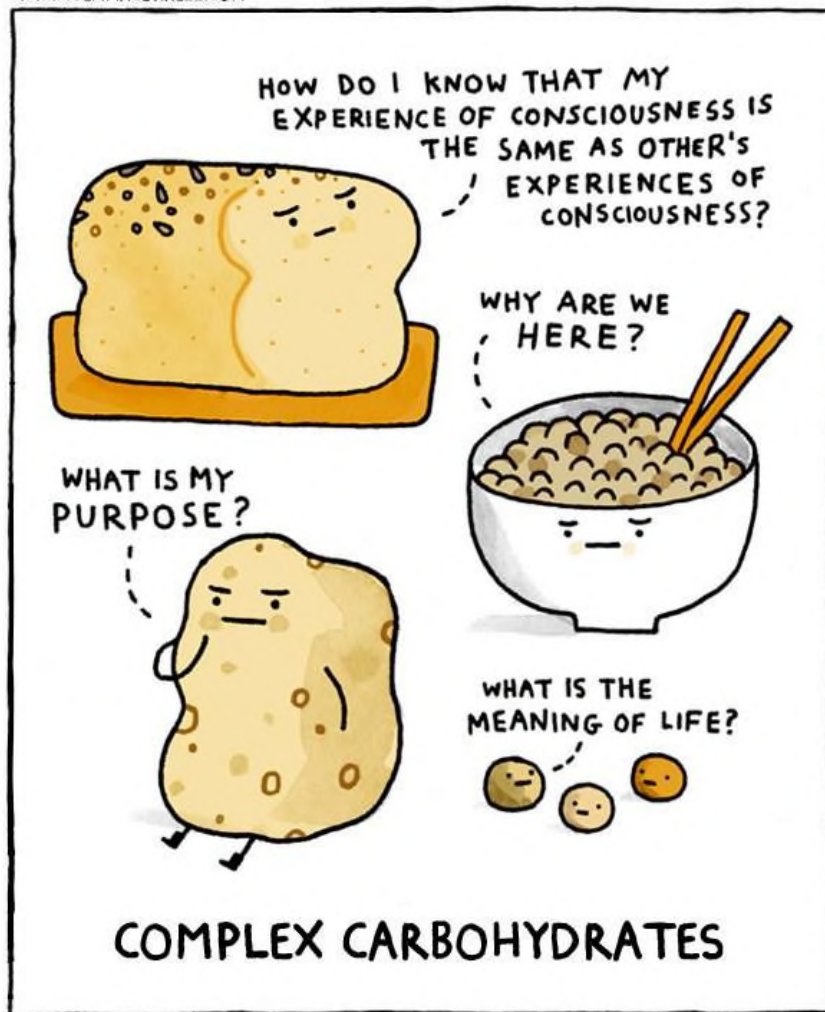
ORANGE JUICE

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**

MONDAY PUNDAY

BY GEMMA CORRELL
WWW.GEMMACORRELL.COM



© GEMMA CORRELL / www.gemmacorrell.com

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

JELLO/PUDDING

SUGAR/HONEY/MOLASSES

CANDY/CANDY BARS

ICE CREAM

JELLY OR JAM

CONDIMENTS/MISCELLANEOUS

SWEET PICKLES/RELISH

BARBECUE SAUCE

KETCHUP (MORE THAN 2 TBSP.)