

Carbohydrates!

School Based Health Center
Health Education

What are they?

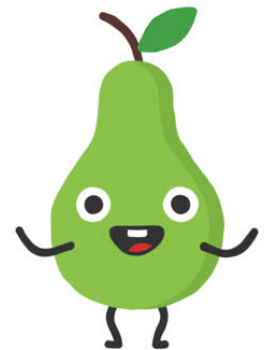
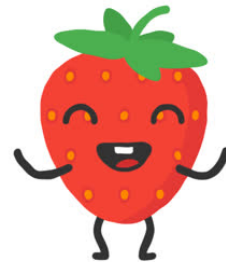
- Carbohydrates are a major source of energy for your body



- Two types:
 1. Simple carbohydrates, or simple sugars
 2. Complex carbohydrates, or starches

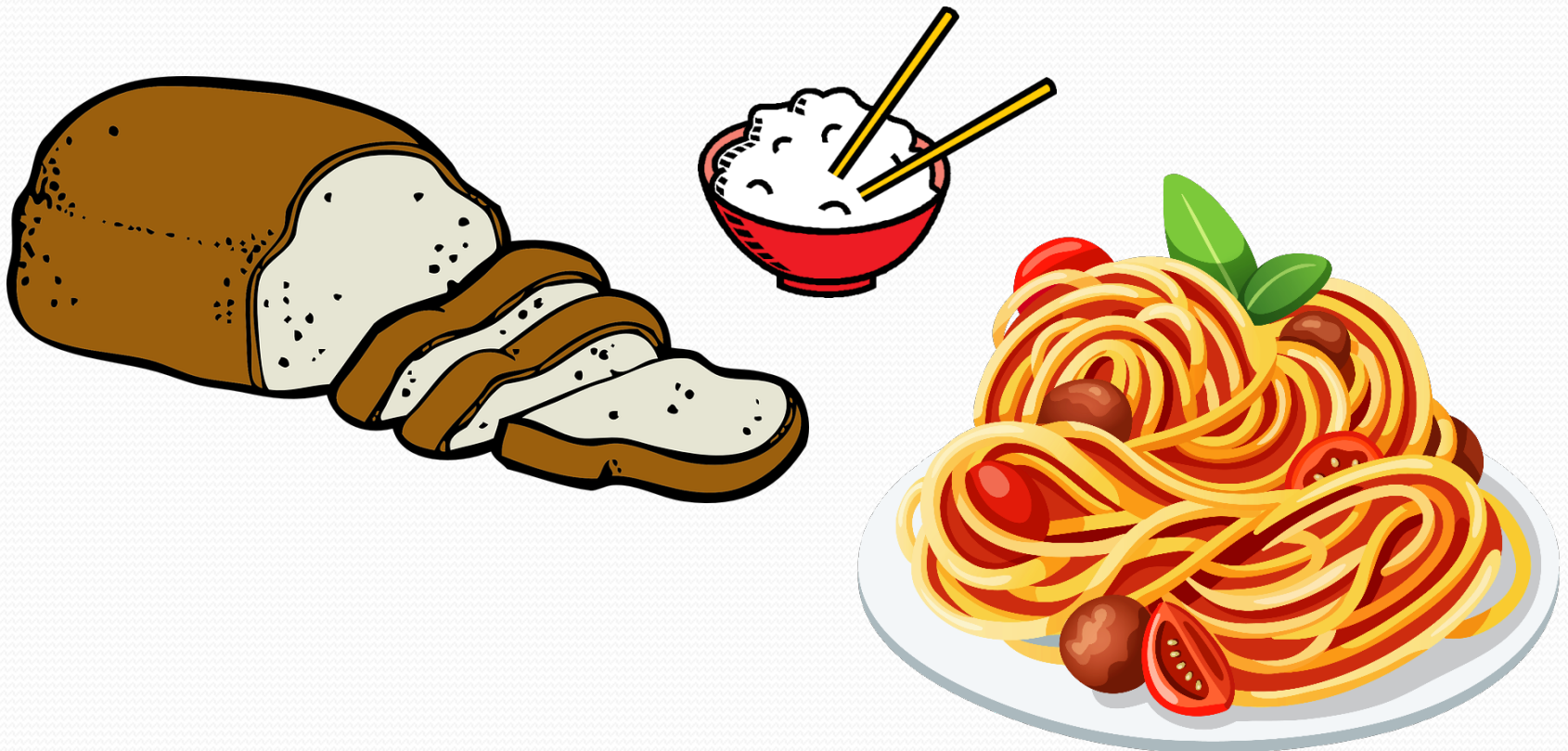
Simple carbs (sugars)

- Simple sugars are found in refined sugars, like white sugar or candy
- You'll also find simple sugars in healthier foods, such as fruit and milk
- It's better to get your simple sugars from food like fruit and milk since they also contain vitamins, fiber, and calcium



Complex carbs (starches)

- Starches include grain products, such as bread, pasta, and rice



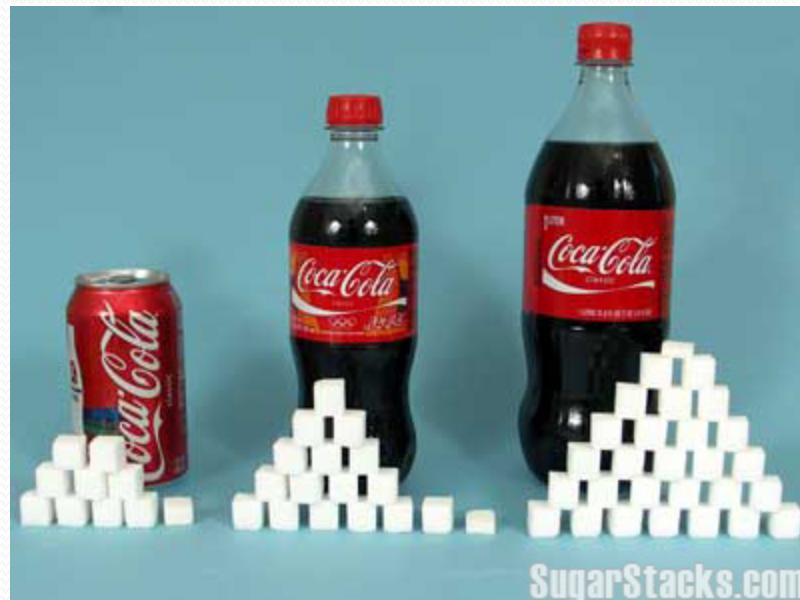
- Refined grains, such as white flour and white rice, have been processed, which removes nutrients and fiber
- Whole grains still contain vitamins, minerals, and fiber which helps you digest
- Fiber also helps you feel full, so you are less likely to eat too much of these foods



How do they work?

- When you eat carbs, your body breaks them down into sugars, which are absorbed into the bloodstream
- When this process goes fast — as with simple sugars — you're more likely to feel hungry again soon. When it occurs more slowly, as with a whole-grain food, you'll feel full longer.

- The carbs in sugary foods cause the blood sugar level to rise more quickly than others and can eventually lead to diabetes or heart disease
- How do you feel when you eat too much sugar?



How much sugar?

- How much sugar is in your food or drink? Decode the mystery!
- 4 grams of sugar = 1 teaspoon
- Check the nutrition label & divide sugar by 4
- 1 serving size = 26 g sugar = 6.5 teaspoons!
- 1 container = 104 g sugar = 26 teaspoons!

Nutrition Facts	
Serving Size 1/2 cup (115g)	
Servings Per Container About 4	
Amount Per Serving	
Calories 250	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 4g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Undercover sugar

- Some food and drinks contain sugar that goes by other names...fructose, glucose, sucrose, maltose & corn syrup are some examples



Make a healthy drink!

- 4 oz. 100% pineapple-orange juice
- 4 oz. seltzer
- Mix together and drink!

*This recipe reduces juice intake by half. Mix different 100% juices and flavored seltzers!



Questions?

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