



HEALTHY HINTS

Complex Carbs



Simple Carbs



Every day we use tons of **energy**, but where does all of that energy come from?

CARBOHYDRATES!

These can be found in bread, crackers, pasta and rice. The healthiest **complex carbohydrates** keep all of their good nutrition, unlike simple carbohydrates.

So next time you are making yourself and PB&J sandwich – choose **wheat** bread instead of white!

This week we learned about: **Carbohydrates**

- Carbohydrates, or *carbs*, are the body’s main source of **energy**. There are 2 types:
 - **Simple** carbohydrates: single sugar molecules found in refined sugar (candy, junk food, etc.), milk, and fruit.
 - a. Milk and fruit are healthier choices than refined sugars because they also come with fiber and other great nutrients
 - **Complex** carbohydrates: “starches” that are found in grain products such as bread, crackers, and pasta.
 - a. Whole grain options are healthier choices, and we will learn why next time!
- Nutrition labels can help us know how many carbohydrates are in the food we buy!
 - If the “Dietary Fiber” line is **3 grams** or more – that is healthy!



**NEXT TIME (1/11/23):
Whole Grains!**

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.