

# CARBO- HYDRATES



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**Choose good carbs, not no carbs. Whole grains are your best bet.**

Don't be misled by fad diets that make blanket pronouncements on the dangers of carbohydrates. They provide the body with fuel it needs for physical activity and for proper organ function, and they are an important part of a healthy diet. But some kinds of carbohydrates are far better than others.

The best sources of carbohydrates—whole grains, vegetables, fruits and beans—promote good health by delivering vitamins, minerals, fiber, and a host of important phytonutrients. Easily digested carbohydrates from white bread, white rice, pastries, sugared sodas, and other highly processed foods may contribute to weight gain, interfere with weight loss, and promote diabetes and heart disease.

To learn more about CARBOHYDRATES and The Healthy Eating Pyramid, explore "The Nutrition Source" online at: [www.hsph.harvard.edu/nutritionsource/what-should-you-eat/carbohydrates-full-story/index.html](http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/carbohydrates-full-story/index.html)

**SEE REVERSE FOR 5 QUICK TIPS**

# 5 QUICK TIPS



## ADDING GOOD CARBS TO YOUR DIET

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### ▶ **Start the day with whole grains.**

Try a hot cereal, like old-fashioned oats, or a cold cereal that lists a whole grain first on the ingredient list.

### ▶ **Use whole grain breads for lunch or snacks.**

Confused about how to find a whole-grain bread? Read "Separating the Whole Grain from the Chaff" to learn how to spot whole grains in the store.

### ▶ **Bag the potatoes.**

Instead, try brown rice, bulgur, wheat berries, whole wheat pasta, or another whole grain with your dinner. Read "Health Gains from Whole Grains" for a list of whole grains and their health benefits.

### ▶ **Choose whole fruit instead of juice.**

An orange has two times as much fiber and half as much sugar as a 12-ounce glass of orange juice.

### ▶ **Bring on the beans.**

Beans are an excellent source of slowly digested carbohydrates as well as a great source of protein.