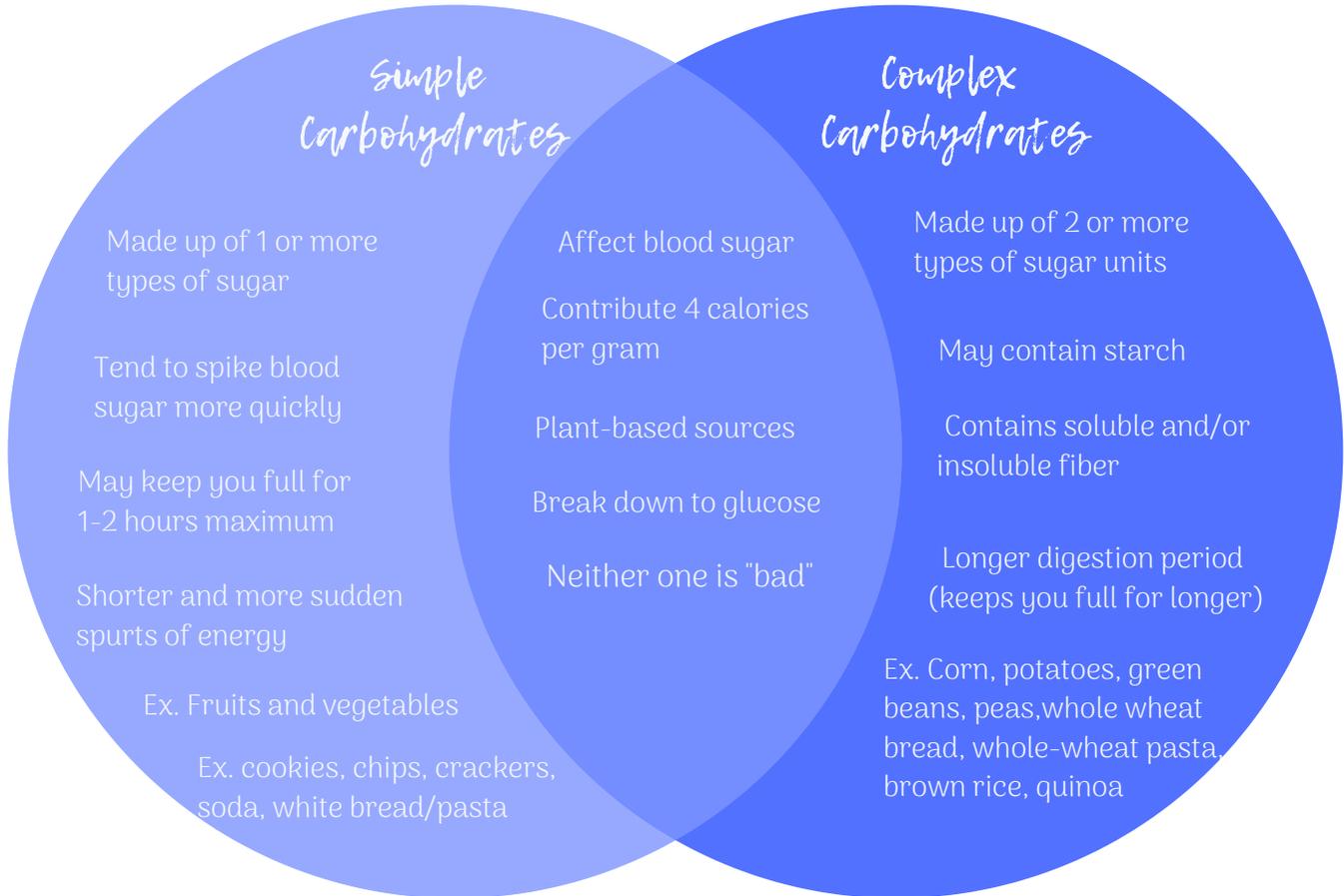




Carbohydrates 101

What are Carbs?

Carbohydrates are one of the three types of macro nutrients that provide our body with calories. However, carbohydrates main function is to provide our body with energy in the form of glucose. Depending on the type of carbohydrate consumed, our body breaks it down and is then able to fuel our brain, nerves, and muscles. Carbs can be one of two major types depending on their structure.-- Simple or Complex.



Importance of Carb Choices

Carbohydrates have received a bad reputation in the past but the truth is they make up 45-65% of our diet. Carbs provide our bodies and brains with its preferred energy source-glucose. Too often people rely on processed carbohydrates for an energy boost but instead of providing a steady flow of energy, it provides a quick boost with a rapid come down. Consuming whole grains, fruits, and vegetables are the preferred sources of carbs as they provide a steady flow of energy. These types of carbs contribute fiber, vitamins, and minerals all of which slows the release of glucose into our blood stream and help us to stay full for a longer period of time.

