

GOOD CARBS vs BAD CARBS

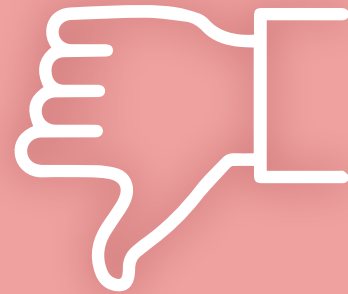


GOOD CARB EXAMPLES

- Fresh fruits
- Fresh vegetables
- Legumes
- Beans
- Peas
- Lentils
- Whole grains
- Brown rice
- Quinoa
- Pure oats
- Squash
- Sweet Potatoes

WHY?

- High fiber
- Natural sugars
- Supports digestion
- Prolonged energy
- Less processed



BAD CARB EXAMPLES

- Fruit juice
- Soda or pop
- Cookies
- Pastries
- Cakes
- White bread
- White crackers
- Regular pasta
- Chocolate & any other candy
- Ice cream
- Frozen yogurt
- Any other frozen sweet treat
- Potato chips
- French fries

WHY?

- Low fiber
- Refined/processed
- Hunger comes quicker
- Energy levels deplete quicker
- Added sugars
- High insulin levels
- High glycemic
- Carbs convert into fat cells
- Causes weight gain