THE TRUTH ABOUT CARBOHYDRATES

Three Main Types

- Sugar – Naturally in Fruit and Added to Food
- Starches – Found in Breads, Starchy Vegetables, Cereals, Pasta, Crackers
- Fiber – Only carbohydrate that has no calories

What Carbs Do?

- Give us energy
- Help organs work well
- Keeps us regular
- Lowers cholesterol
- Makes us feel full
### Benefits of Less Processed Carbs

1. May raise blood sugar more slowly and less after meals.
2. May reduce risk for heart disease and cancer.
3. Provides nutrients not found anywhere else.

### How Much is Enough?

<table>
<thead>
<tr>
<th>Food Group</th>
<th>For Women</th>
<th>For Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains - at least</td>
<td>6 servings</td>
<td>7 servings</td>
</tr>
<tr>
<td>1/2 whole grains</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>2 cups</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td>Fruit</td>
<td>1 ½ cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>Dairy Foods</td>
<td></td>
<td>3 cups for both</td>
</tr>
</tbody>
</table>

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Dr. Scott Angle, Dean and Director