

Choosing the Right Carbohydrates!

Get the most out of your carbohydrates by choosing **higher fiber** foods that are **unrefined and unprocessed**. **Foods from the “unrefined” list are higher in fiber, protein, vitamins, and minerals.**

REFINED (<3g fiber per serving) <i>Instead of these...</i>	UNREFINED (≥3g fiber per serving) <i>Choose more of these...</i>
Breads: white, sourdough, French, wheat	Breads: whole-grain, whole wheat, multi-grain, sprouted grains, whole rye
Bagels: blueberry, cinnamon raisin, white, everything, cheese, etc.	Bagels: whole-wheat, multi-grain
Tortillas: white flour	Tortillas: corn or whole-wheat
Processed cereals: Corn Flakes, Crispix, Granola, Honey Bunches of Oats, Kellogg’s Just Right, Rice Crispies, Rice/Corn Chex, Life, any sugary cereals	Whole grain cereals: Fiber One, All Bran, Bran Chex, Multi-grain Flakes, Wheat Flakes, Bran Flakes, Raisin Bran, Grape Nuts, Shredded Wheat, Oat Bran, Wheat Bran
Instant hot cereals: sweetened instant oatmeal or cream of wheat	Hot cereals: slow-cooking, unsweetened oatmeal, or cream of wheat
Pasta: white pasta (2g/fiber per svg.)	Pasta: whole-wheat pasta (≥4g/fiber per serving), spinach pasta or soy pasta
Cooked grains: white rice, white couscous	Cooked grains: brown or wild rice, barley, quinoa, bulgur wheat, amaranth, whole-wheat couscous
Fruits: fruit drinks and fruit juices (limit)	Fruits: whole fresh fruits
Dairy: regular fat items (such as: chocolate milk, frozen yogurt, ice cream)	Dairy: low fat/nonfat milk, low fat/nonfat yogurt
Baked products: scones, most muffins, cakes, cookies, croissants (regular & fat-free types included), danish, donuts, coffee cake	Baked products: low-fat bran muffins (Zen Bakery), whole-wheat frozen waffles
Potatoes: French/sweet potato fries, instant mashed potatoes	Potatoes: baked potato, sweet potato, yams
Snack foods: potato chips, pretzels, corn chips, saltine crackers, butter crackers	Snack foods: whole wheat crackers, soy crisps, baked corn chips, popcorn (low fat), Fig Newton cookies or rice cakes
Candy: candy bars (i.e. Snickers, Mars, etc.), licorice, Skittles, Jelly beans, hard candy	

Carbs...Defined

Carbohydrates are the *primary* energy source for brain & muscle cells. **It’s the TYPE of carbohydrate that matters!**

Unrefined Carbs (a.k.a. Complex Carbs)

- ✓ Less Processed.
- ✓ Provide energy, nutrients for energy (calorie) metabolism, immune function, muscle contraction, nerve transmission, bone & teeth formation, and antioxidant production.
- ✓ Keep you feeling fuller longer.

Refined Carbs (a.k.a. Simple Sugars)

- × More Processed.
- × Lack nutrients ~ providing *empty calories* that deplete nutrients from your body as they are digested and metabolized.
- × Don’t keep you full – you’ll likely be hungry again in an hour.
- × Too many servings of refined carbohydrates help you pack on the pounds!

REMEMBER to read those food labels!
--- A good source of fiber is ≥3g per serving ---

Choosing the Right Fats

Get the most out of your day by *choosing foods rich in mono and polyunsaturated fats*. Foods from the “Unsaturated” list are high in omega 3 and 6 fatty acids and fatty acids that *can help to lower LDL (bad) cholesterol and raise HDL (good) cholesterol*.

Saturated / Trans Fats <i>Instead of these...</i>	Unsaturated Fats Choose more of these... <i>Mono- & Polyunsaturated Fats</i>
Oils: coconut, cottonseed, palm, palm kernel	Oils: olive, canola, flaxseed, peanut, safflower, sunflower, corn, soybean, vegetable
Dairy: 2 % or whole milk, American cheese, cheddar cheese, ice cream, whipping cream, sour cream, cream cheese	Dairy: 1% or fat free milk, mozzarella cheese, jack cheese; non-fat or low fat cottage cheese, frozen yogurt, plain or Greek* yogurt
Meat/Seafood/Shellfish/Poultry: Fried versions, beef tallow, bacon, sausage, salami, cold cuts, dark meat	Meat/Seafood/Shellfish/Poultry: chicken breast, turkey, pork tenderloin, salmon, lake trout, herring, sardines, mackerel, albacore tuna, etc...
Eggs: egg yolk, whole eggs	Eggs: egg whites, egg substitutes
Nuts: flavored nuts, coated nuts	Nuts: almonds, cashews, walnuts, nut butters
Spreads: mayonnaise, dressings, margarine, shortening, butter, pesto	Spreads: Avocados, hummus
Pastries: cookies, crackers, cakes, donuts, croissants	Misc: Flaxseed

<http://www.cdc.gov/nutrition/everyone/basics/fat/unsaturatedfat.html>

When it comes to fat:

- × More than 20% on the Nutrition Facts Food Label is high for a single food item.
- × Too much saturated fat puts you at risk for heart disease, causes cholesterol build up, and can lead to obesity.
- × Avoid Trans Fat!

Be sure to:

- × Choose lean protein foods (chicken breast, fish, turkey, tuna).
- × Limit fried foods.
- × Keep an eye out for hydrogenated oils (look on the Ingredients List at the bottom of a food label. *Avoid “partially hydrogenated” or “hydrogenated” fats & oils*). Hydrogenated fats and oils raise the LDL (bad) cholesterol and lower the HDL (good) cholesterol. Examples include those in the saturated or trans-fat column.

Key: Look for total fat AND how the fat is distributed.

- More mono- and polyunsaturated fats are a better choice!
(compared to saturated and trans fats)