



10 Reasons You Need CARBS



#1

Carbs fuel your body with glucose.

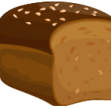
Carbs are broken down and the nutrients are absorbed in the blood as glucose.



#6

Whole grains contain key nutrients for health.

Whole grains are great sources of nutrition. The whole grain contains the bran, germ, and endosperm layers of the grain.



Carbs give energy to our cells and organs.

Carbs provide us with energy for our bodies to perform daily functions. Giving your body carbs is like putting gas in your car.



#2

HIGH IN FIBER

Fiber is necessary for health.

Fiber is a complex carb that the body can't digest. It helps slower blood glucose levels and helps food move through your digestive system.

#7

#3

Carbs are Important In many food groups.

You can find carbs in fruits, vegetables, grains, and dairy.



#8

Added sugar In moderation Is healthy.

Our bodies still use added sugars and need simple sugars in moderation. Table sugar, honey, and high fructose corn syrup are examples.



Low carb diets, eliminate Important nutrients.

Low carb diets can often prevent people from digesting adequate amounts of carb nutrients.



#4

#5

Complex carbs are healthier carbs.

Complex carbs are seen as "healthier" because they are typically not processed foods. They are foods such as oats, wheat, corn, fruits, and vegetables.



#10

Carbs are not bad for us.

Carbs are not bad if we are getting the right kinds of carbs and the right amount.

