

SLOW-ABSORBING VS. FAST-ABSORBING CARBS

WHY DO CARBOHYDRATES MATTER TO YOU?

OPINIONS HAVE RANGED WILDLY ON CARBOHYDRATES. SOME DIETS PROMOTE CARBS AS HEALTHY, WHILE OTHERS SHUN THEM. LET'S TAKE A CLOSER LOOK!

CARBS ARE EVERYWHERE!

All of these foods are examples of carbohydrates:



BREAD & CEREALS



PASTA & RICE



FRUITS & VEGETABLES



MILK & DAIRY



JUICE & SODA



CANDY & DESSERTS

SLOW-ABSORBING (COMPLEX) CARBS

Slow-absorbing carbs have more complex chemical structure and fibers which require our bodies to work harder to digest. Thus, energy is released over a longer time.

Complex carbs are usually in their 'natural' state - or very close to it.

- HIGH IN FIBER & NUTRIENTS
- LOW GLYCEMIC INDEX
- HELP YOU FEEL FULL WITH FEWER CALORIES
- NATURALLY STIMULATES YOUR METABOLISM

EXAMPLES:

- WHOLE GRAIN BREADS
- BRAN CEREALS
- GREEN VEGETABLES
- FRESH FRUITS

FAST-ABSORBING (SIMPLE) CARBS

Simple carbohydrates are smaller molecules of sugar that are digested quickly. The energy is stored as glycogen in our cells, and if not used immediately gets converted to fat.

These are generally 'processed' carbs that have been stripped of their natural nutrients and fiber.

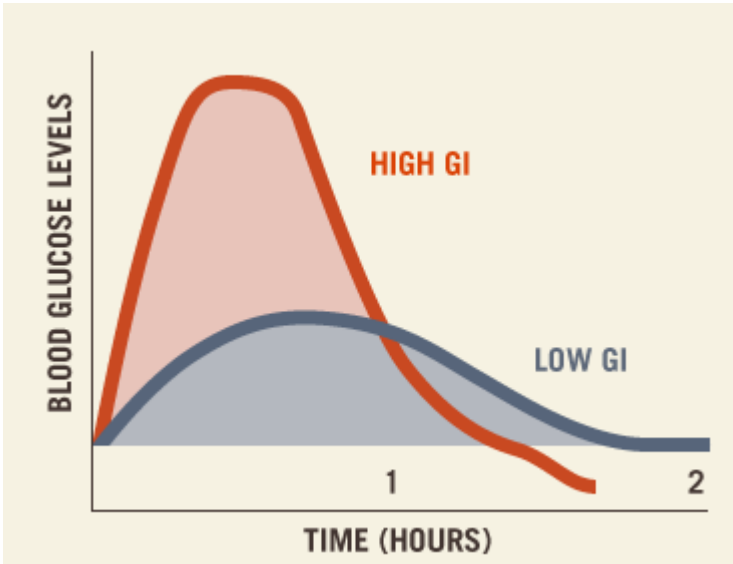
- LOW IN FIBER & NUTRIENTS
- HIGH GLYCEMIC INDEX
- EMPTY CALORIES CONVERTED TO FAT
- HIGH BLOOD GLUCOSE LEVELS MAKE YOU FEEL TIRED

EXAMPLES:

- CANDY AND DESSERTS
- SUGARED CEREALS
- SODAS & SUGARY DRINKS
- REFINED BREADS

THE GLYCEMIC INDEX (GI)

Carbohydrates are sugars our body converts to glucose (blood sugar) which is then stored for energy. The Glycemic Index measures how much a particular food raises your blood sugar level when you eat it.



HIGH GI = FAST-ABSORBING CARBS

- Quickly digested and absorbed
- Rapid fluctuation in blood sugar level (often called a sugar crash)
- Leaves you feeling tired and hungry faster

LOW GI = SLOW-ABSORBING CARBS

- Digested and absorbed more slowly
- Gradual rise in blood sugar
- Help control appetite and delay hunger

	BREAD/CEREAL	PASTA/RICE	BEVERAGES	FRUITS	VEGETABLES	SNACKS
FASTER	Baguette (95)	Rice, white (58)	Coca-Cola* (63)	Pineapple (66)	Baked Potato (85)	Pretzels (81)
	Cornflakes (83)	Rice, brown (55)	Orange Juice (52)	Raisins (64)	Corn (60)	Jelly Beans (81)
	White Bread (71)	Macaroni (51)	V8* (43)	Bananas (54)	Sweet Potato (54)	Popcorn (55)
SLOWER	Mini Wheats (57)	Spaghetti, white (41)	Apple Juice (41)	Grapes (46)	Carrot (16)	Oatmeal Cookie (54)
	Pita, white (57)	Spaghetti, wheat (37)	Fat Free Milk (32)	Oranges (44)	Cucumber (15)	Snickers® Bar (40)
	Wheat Bread (50)	Vermicelli (35)	Soy Milk (30)	Apples (38)	Spinach (15)	Peanut M&Ms® (32)
	All-bran (42)	Fettuccine (32)	Whole Milk (27)	Cherries (22)	Tomato (15)	Peanuts (15)