

CARBOHYDRATE

Carbohydrates are an important part of a healthy diet. Carbohydrate is found in a variety of food and drinks. The amount and the type of carbohydrate you eat will affect your blood glucose levels. This group contains starches, sugar, and fiber.

Structurally this food group is classified into complex carbohydrates and simple carbohydrates.

- Simple carbohydrates (sweets, sugars, fruit juice)
- Complex /starchy carbohydrates (rice, bread, potato)

They all come from plant food and dairy. It is important to eat good varieties of carbohydrates. All carbohydrates are made up of chains of sugar molecules.

Simple carbs are made up of one or two molecules, known as monosaccharides or disaccharides. Complex carbs are made up of more molecules and known as polysaccharides

Carbohydrates are broken into glucose for energy. Simple carbohydrates will break down quickly. As with any food, it is important to choose the correct portion to suit your needs.



How much carbohydrates should we eat?

We all should try to be “carbohydrate aware” aiming to have appropriate portions of carbohydrates that are less processed, whole grain options. According to experts, around half of your daily energy intake should come from carbohydrates. Recommendations for carbohydrate goals will vary from person to person. For someone who eats 2,000 calories a day, one meal contains about 45 to 60 grams of carbohydrate or three to four servings of carbohydrate.

Complex carbohydrates

Complex carbs contain starch, glycogen, and fiber. Sometimes called as a starchy food. They tend to give you a more consistent energy supply. They digest slowly. They are mostly found in plant foods, particularly grains, legumes, and starchy vegetables. When grains are processed to make rice flour, a lot of nutrition is removed with the bran. So when possible, choose whole grains and whole wheat.



Simple carbohydrates

Simple carbs are basically sugars. There are several forms of sugars such as glucose and fructose found in honey, fruits, and vegetables. Lactose is found in milk and sucrose is table sugar. Table sugar is high in calories but has no useful nutrients. So these are “empty calories”.

What is cereal?

Cereals are seeds/grains of grasses and are cultivated to obtain their fruits (seeds), consisting of germ, endosperm, and bran. Important cereals are rice, wheat, maize, barley, kurakkan, meneri, millet, and sorghum.

What are grains products?

Any food made from wheat, rice, oats, corn, barley, or another cereal grain is a grain product. Rice, Bread, pasta, breakfast cereals, popcorn, oatmeals, and tortillas are examples of grain products.



Know your grains

White Rice



Brown Rice



Wheat

Choose whole wheat flour for bread and baking



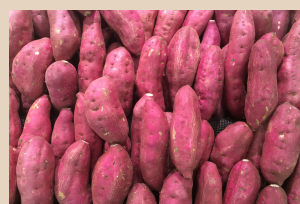
Habala Pethi



Corn



Sweet Potato



Meneri



Barley



Millet

Good filling gluten free grain



Quinoa



Legumes



Refined grains are biscuits, breadcrumbs, cakes, cookies, corn flakes, cornbread, couscous, noodles, pancake, pasta, pita bread, pizza crust, white bread

These products are usually made of refined grains. But sometimes made with whole grains. It is advised always to see the ingredients list for the word whole grain, whole wheat, etc

Our recommendations

1. Limit foods that are high in refined carbohydrate
2. Get more complex carbohydrates
3. Focus on whole grain

Please note - This is public health information. If you have any diseases you may discuss them with your medical nutrition professional.

