“Forget the former things: do not dwell on the past. See, I am doing a new thing! I am making a way in the wilderness and streams in the wasteland.” Isaiah 43:18-19 (NTV)
Carbohydrates are absorbed into our bloodstream as sugar (glucose) which we use for energy. We must consume carbohydrates in our diet in order to live. Starchy Vegetables are an excellent source of carbohydrates and other essential vitamins and nutrients. Consuming too many carbohydrates puts you at a greater risk of obesity, diabetes and heart disease.

**Carbohydrates provide fuel for your body!**

### What are Carbohydrates?

### What are Starchy Vegetables?

Starchy Vegetables contain more carbohydrates than non-starchy vegetables.

- Corn
- Peas-Black-eyed, Green
- Potato-Red, White, Sweet
- Winter Squash-Acorn, Butternut, Pumpkin
- Beans-Black, Dried, Kidney, Lima, Navy, Pinto

Serving size is 1/2 cup and is equal to 15 grams carbohydrates
What are Non-Starchy Vegetables?

- Tomatoes
- Green Beans
- Zucchini
- Cucumbers
- Celery
- Lettuce
- Greens
- Broccoli
- Cauliflower
- Radishes
- Carrots
- Mushrooms
- Spinach
- Peppers
- Beets
- Okra
- Cabbage
- Pea Pods
- Snow Peas
- Onions
- Sauerkraut*
- Eggplant
- Vegetable Juice*
- Summer Squash

Serving size is 1/2 cooked or 1 cup raw and each serving is 5 grams carbohydrate. Three servings of non-starchy vegetables equals 15 grams carbohydrate or 1 carbohydrate choice.

Fruits and Carbohydrates

Fruits provide numerous vitamins and fiber. Servings size is generally 1/2 cup. Berries and melons serving sizes vary.

What about Fruit Juice?
Serving size is 1/2 cup except for grape, cranberry, and prune juice which is 1/3 cup.

One serving size is equal to 15 grams carbohydrates or 1 carbohydrate choice.
Breads, Grains & Carbohydrates

Breads and grains provide many important vitamins and minerals to our daily diet as well as fiber. It is recommended at least half of all the grains eaten should be whole grains. Eating foods high in fiber help to lower your cholesterol and risk of heart disease. Breads and grains are rich in carbohydrates and an important food for energy.

Serving sizes varies for breads and grains. ALWAYS read food labels for the correct serving size and nutritional information.

Typically one slice of bread, one small biscuit or one small roll is equal to one serving from the bread/grain group.

Pasta and rice are rich in carbohydrates so a serving size is 1/3 cup cooked.

One serving is equal to 15 grams carbohydrates or 1 carbohydrate choice.

Upcoming Events

FREE Biometric Screenings at Centerpoint Church
Monday, March 4, 2019 from 7am-10:45 am CST
Saturday, April 20, 2019 from 7am-12noon CST

FREE Biometric Screenings at Cumberland County Extension Office
Friday, March 15, 2019 from 7:30 am-11:00 am CST

Chair Exercise Classes at Cumberland County Extension Office
starting March 7, 2019 from 8am-9am CST
Other dates in series are March 14, 21, 28 & April 4 &12