“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!**

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**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

March 7, 2019 5:30pm-6:30 pm Check. Change. Control – American Health Association will be providing workshop on ways to improve your blood press

Starting March 5, 2019 5:30 pm-8pm Healthy Living with Diabetes Series. Call 1-800-928-4416 EXT. 1166 to reserve a spot.

Starting March 21, 2019 Free Biometric Screenings. Call 606-787-6911 EXT. 7270 for more information and to schedule your appointment.

April 13, 2018 2nd Annual Dale Wilson Memorial 5K. Registration begins at 7am with race beginning at 9am. See Matt Loper for more details.