

What are Carbohydrates?

Carbohydrate 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!



Fruits and Carbohydrates

Fruits provide numerous vitamins and fiber.
Serving size is generally $\frac{1}{2}$ cup. Berries and melons serving sizes vary.



What about Fruit Juice?

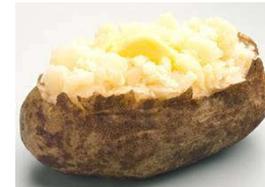
Serving size is $\frac{1}{2}$ cup except for grape, cranberry, and prune juice which is $\frac{1}{3}$ cup.

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

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 or 1 carbohydrate choice.

What are Non-Starchy Vegetables?

Non-Starchy Vegetables contain less carbohydrates than starchy vegetables.

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

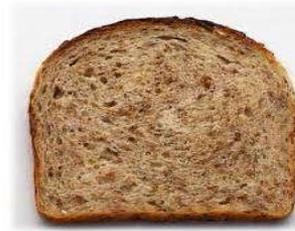
**watch salt (sodium)*

Serving Size is ½ cooked or 1 cup raw and each serving is 5 grams carbohydrate. 3 servings of non-starchy vegetables equals 15 grams carbohydrate or 1 carbohydrate choice.



Do Breads and Grains contain 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.
Cereals servings sizes varies so you must read food labels for the correct information.

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