

GOOD *for you*

Health and Wellness
for Magna Employees

Carbohydrates

Sugars:

This type of carbohydrate may also be referred to as simple or fast-acting. These carbohydrates are **digested very quickly** and are considered “**bad carbs**” because they cause blood sugar spikes, resulting in energy **highs and lows**. They can be naturally occurring sugars (milk or fruit) or added sugars (syrup, white sugar). Limit these carbs as much as possible.



Fruit Juice



Pop



Candy



White Bread



White Rice

Starches:

These may also be referred to as complex carbs. They take longer to breakdown and digest, meaning they are **better** for those looking to lose **weight and diabetics** looking to reduce their blood sugar spikes. These types of carbs also contain more nutrients. Aim for these carbs as oppose to refined or simple sugars.



Whole Grain Bread



Brown Rice



Couscous

Fibre:

Fibre comes from **plant foods** so there is **no fibre** in animal products such as milk, eggs, meat, poultry or fish. Fibre is great for your **digestive system!** It helps move food through your intestines and it promotes **healthy gut bacteria**. Fibre is also known to **reduce cholesterol levels**. Aim for carbs that contain lots of fibre.



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Carbohydrates

Should you cut out carbohydrates from your diet?

No! Carbohydrates don't need to be avoided but it is important to understand that not all carbs are alike. Our bodies need carbohydrates for energy and digestion. It is our main source of fuel and is needed for our central nervous system, kidneys, brain and muscles to function properly.

Here are some tips to help you choose healthier carbs



Start the day with whole grains: Try a hot cereal like steel cut oats.



Drink your fibre: make your own smoothies *three* vegetables to every *one* fruit.



Add Kidney beans to your next salad



Switch the white rice for brown rice or quinoa



Pass on potatoes, and instead bring on the beans: choose beans for an excellent source of slowly digested carbs.



Choose whole fruit instead of juice: orange fruit has two times as much fibre.

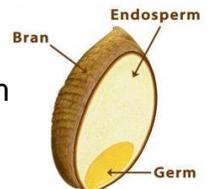
Serving Sizes

A serving of grains is about the size of a **fist**. Two servings per day is usually enough!



Whole Grain

The **bran** contains fibre, the **endosperm** protein, and the **germ** has nutrients. Buy **whole grain!**



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