Counting Carbs?

Simple vs. Complex:

Simple carbohydrates are sugars. They are rapidly absorbed and can quickly raise your blood sugar.

Complex carbs, also referred to as dietary starch, are often rich in fiber, thus satisfying and health promoting. Complex carbs are commonly found in whole plant foods.

Choose Complex for your Health:

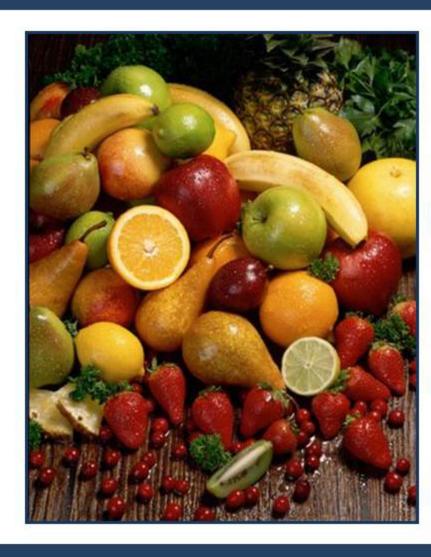
High fiber cereal with 5+ grams of fiber/serving

Whole grains like whole wheat, brown rice, barley, quinoa, and bulgur

Fresh fruit and vegetables instead of juice

Legumes, such as beans and lentils

Nuts and seeds in moderation



For tips on nutrition, talk to a dietitian on the Living Well Platform. Visit https://livingwell.provantonline.com and choose the Nutrition tab.



Living Well make it a priority