

## HEALTH TIP #5 – CARBOHYDRATES

**Carbohydrates are the body's preferred source of energy and a brilliant source of vitamins, minerals and dietary fiber, which are important to the health of an individual.**

Age	Recommended minimum carbohydrate intake grams/day	Carbohydrate as percent of daily calorie intake
0-6 months	60 g	
7-12 months	95 g	
1 - 8 years	130 g	45 - 65
9 - 18 yrs	130 g	45 - 65
19+ years	130 g	45 - 65
Pregnancy	175 g	45 - 65
Lactation	210 g	45 - 65

**Functioning of Carbohydrates:** When you eat **carbohydrates**, your body breaks them down into simple sugars, which are absorbed into the bloodstream. As the sugar level raises in your body, the **pancreas** releases a hormone called **insulin**. **Insulin** is needed to move **sugar** from the blood into the cells, where the sugar can be used as a source of energy. When this process goes fast, as with **simple sugars**, **you're more likely to feel hungry again soon**. When it occurs more slowly, as with a whole-grain food, you'll be satisfied longer. These types of **complex carbohydrates give you energy over a longer period of time**.

Complex carbohydrates provide vitamins, minerals, and fiber



Foods such as breads, legumes, rice, pasta, and starchy vegetables contain complex carbohydrates

### Complex Carbohydrate Foods are better choices than others.

Complex carbohydrates as natural starches are found in: *bananas, barley, beans, brown rice, chickpeas, lentils, nuts, oats, parsnips, potatoes, root vegetables, sweet corn, wholegrain cereals, wholemeal breads, wholemeal cereals, wholemeal flour, wholemeal pasta and yams.*

### Simple Carbohydrates:

These are also called simple simple sugars and are found in refined sugars like white sugar and are often called "empty calories" because they have little to no nutritional value. **Natural sugars are found in fruit and vegetables.** Refined sugars found in: *biscuits, cakes, pastries, chocolate, honey, jam, jellies, brown and white can sugar, pizzas, prepared foods and sauces, soft drinks, sweets and snacks.*

Simple carbohydrates are found in foods such as fruits, milk, and vegetables

Cake, candy, and other refined sugar products are simple sugars which also provide energy but lack vitamins, minerals, and fiber



**A low-carb diet is one that limits the intake of carbohydrates such as grains, rice, bread, potatoes and corn while emphasizing protein foods.** These diets exclude or limit most sweets, fruits, beans and pasta to less than 150 grams per day. Emphasis is placed on **red meat, poultry, eggs, fish and fat and a healthy balance of proteins and good fats, and includes vegetables, fruits and even whole grains.** It is **"a healthy, scientifically proven diet that includes healthy carbs, doesn't cut out any food groups, and is being passionately supported by millions of successful dieters across the globe."** Some reported benefits are: *improvement in epilepsy, improvement in poly-cystic ovary syndrome, lowered blood pressure, improved triglycerides, reduced blood glucose for diabetics and pre-diabetics, increased HDL ("good") cholesterol, improved insulin sensitivity, decreased blood pressure, decreased sweet cravings, better mental concentration; no "brain fog", decreased "compulsive" or "emotional" eating, less dental plaque; improved gum health, less joint or muscle pain, fewer headaches, PMS improved, improved gastrointestinal symptoms, improvement in skin appearance, increased energy, improved mood and more balanced emotions, long-term weight loss, improved muscle gain while reducing fat.*

Consider making this 'healthy change for a healthier you'!  
To Your Health,

Karen Mastrogiovanni, the Health Pastor  
[www.healthwithkaren.com](http://www.healthwithkaren.com)

