

Tips At Tech: Carbohydrates

- Start the day with whole grains. Choose a high fiber cereal (more than 5 grams per serving) or oatmeal.
- Choose whole grain bread for sandwiches and snacks instead of white bread, croissants, or bagels.
- Replace your baked potato with a sweet potato. (Be sure to leave off the butter, sugar and marshmallows.)
- Add beans at the salad bar instead of croutons. Not only will you get more fiber, but the extra protein will also help to fill you up for longer.
- When ordering Asian food, ask for brown rice instead of white and for the sauce to come on the side.
- Instead of potato chips and pretzels, try low fat or air-popped popcorn.
- Try one of Texas Tech's eco-friendly refill water bottles. Fill them with diet soda or water and not only will you be drinking less sugar, but you will be helping the environment!

Fun Facts

- When resting, people get about 10% of their energy as protein, 40% from fat, and 50% from carbohydrates. In moderate intensity activity, the energy source is 50% fat and 50% carbohydrate.
- Soda is the leading source of added sugars in the daily diet of young Americans.
- Consumption of high fructose corn syrup has increased by 10,673% between 1970 and 2005.

References:

Carbohydrates: The Bottom Line. www.mayoclinic.com. Accessed 10/21/09

Inside The Pyramid: Whole Grains. www.mypyramid.gov. Accessed 10/21/09

Health Gains From Whole Grains. www.hsph.harvard.edu. Accessed 10/21/09

Carbohydrates

Dispelling the Myths



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Carbohydrates

Carbohydrates have a bad reputation these days, but the truth is that not all foods high in carbohydrates are bad.

Carbs are either simple or complex. Simple carbs, such as soda and white bread, are quickly absorbed into the bloodstream, causing a rapid rise in blood sugar. This eventually leads to a “crash” which leaves you feeling even

more hungry. This cycle can lead to excess fat storage. Complex carbs are slowly absorbed into the bloodstream and cause a more gradual increase in blood sugar. Examples of complex carbs are whole grain pasta, oatmeal, and vegetables. These foods help you maintain a stable blood sugar and keep you full for longer.

Health Benefits of Whole Grains

Grains are important sources of many nutrients, including fiber, B vitamins, and minerals.

Consuming foods rich in fiber reduces the risk of heart disease, reduces constipation, and promotes a healthy weight.

Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Refined grains have been stripped of the bran and germ to improve shelf life, but this process removes the dietary fiber, iron, and many B vitamins.



Good Carbs vs. No Carbs

Although there is some evidence that a low-carb diet may help people lose weight more quickly than a low-fat diet, the results are short term. This is because any diet that cuts out entire food groups, such as fruits and vegetables, is not sustainable. Once normal eating patterns are resumed, the lost weight begins to creep back on.

Many popular diet programs treat all carbs the same. If you are looking to reduce your carbohydrate intake, you should eliminate refined carbohydrates and sugar and replace them with whole grains, fruits, and vegetables.

Some examples of hidden refined carbs:

- **Sugary cereals.** Try to choose cereals that have more than 5 grams of fiber per serving.
- **Bread.** Make sure your loaf says “whole grain” and has 4-5 grams of fiber per serving.
- **Yogurt.** Many are loaded with sugar, so look for unsweetened varieties and add fruit to sweeten.
- **Sauces and dressings.** Always read the label to avoid adding sugar-laden sauces to healthy meals.

How Much Do You Need?

The amount of carbohydrates you need on a daily basis depends on various factors, such as activity level.

When trying to meet your carbohydrate recommendations, emphasize complex carbohydrates from whole grains, beans, fruits, and vegetables. Try to limit added or hidden sugars and refined carbs.

So don't be misled by the popular fad diets that pronounce the dangers of carbohydrates. Carbohydrates fuel the body with energy that it needs to perform physical activity and maintain proper organ function.



smart choices