



TIP OF THE WEEK

Simple vs Complex Carbohydrates

Q. What is the difference between simple carbohydrates and complex carbohydrates?

A. Simple carbohydrates:

- are absorbed very quickly, which causes your blood sugar to rise rapidly, leaving you feeling tired, hungry, and craving more sugar shortly after you've eaten
- are mainly added sugars, which have very little nutritional value. They are considered "empty" calories
- types of simple carbs: soda, white bread, white rice, many breakfast cereals, candies, high fructose corn syrup, etc.
- fruit is also considered a simple carb, but it is a naturally occurring sugar that is packed with many nutrients
- strawberries, raspberries and blueberries are at the low end of the spectrum of carbs with fruit

Complex carbohydrates:

- (whole grains) take a while to absorb, resulting in a steady blood sugar levels, which allows you to feel "full" longer and gives you lasting energy
- whole grains are packed with nutrients, especially fiber
- "whole" wheat or grain breads and cereal, oats, brown rice, whole wheat pasta, beans, peas and vegetables are considered wholesome foods

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