



# TIP SHEET

## THE TRUTH ON CARBS & FATS

### Types of Carbohydrates:

#### ■ Simple Carbohydrates:

Comes from refined sugar (white sugar in cookies, cake, suckers, etc.). Can also be found in healthy foods, such as milk and fruit. Choose simple carbohydrates that come from healthy foods that have vitamins, fibers, and nutrients.

#### ■ Complex Carbohydrates:

Also known as starches and are found in grain products, such as bread, crackers, pasta, and rice. Unrefined grains (whole wheat or whole grain) are better than refined (enriched wheat). Unrefined grains have more vitamins, minerals, and fiber.

### Okay, so how do these carbohydrates work?

When you eat carbohydrates the body breaks them down into simple sugars, which are absorbed into the blood. As the sugar levels rise in your body, the pancreas releases a hormone called insulin. Insulin goes in and removes the sugar into cells where it is used as an energy source. When the process is over you will feel hungry again. Candies, cakes, cookies, ice-cream, and sugary snacks are quickly converted because they are simple carbohydrates, so these foods are not a good source of energy nor do they have a significant source of vitamins, minerals, and nutrients. They also cause a quick rise in blood sugar, which signals the pancreas to release insulin. Scientists believe that when a person eats a lot of sugary foods it constantly spikes the blood sugar, which tells the pancreas to release insulin. Over a period of time this can wear the pancreas out so that it does not properly release insulin, which can cause diabetes. This is one reason there is a rise in type II diabetes with children.

### Types of Fats:

Fats are an important part of the diet. However, we want to make sure that we get our fats from the right source.

#### ■ Unsaturated Fats:

Found in plant foods, fish, olive oil, peanut oil, canola oil, albacore tuna, and salmon; may be good for the heart. (Best Choice of Fats)

#### ■ Saturated Fats:

Found in meat and other animal products (butter, cheese, most milks, palm, and coconut oils); eating too much can raise blood cholesterol levels and increase the risk of heart disease; keep these to less than 10% of total calories

#### ■ Trans Fats:

Found in margarine sticks, shortenings, certain snack foods, baked goods, and fried foods, commonly used in restaurants (especially fast food restaurants); also called "hydrogenated" or "partially hydrogenated" oils, raise cholesterol levels and increase the risk of heart disease