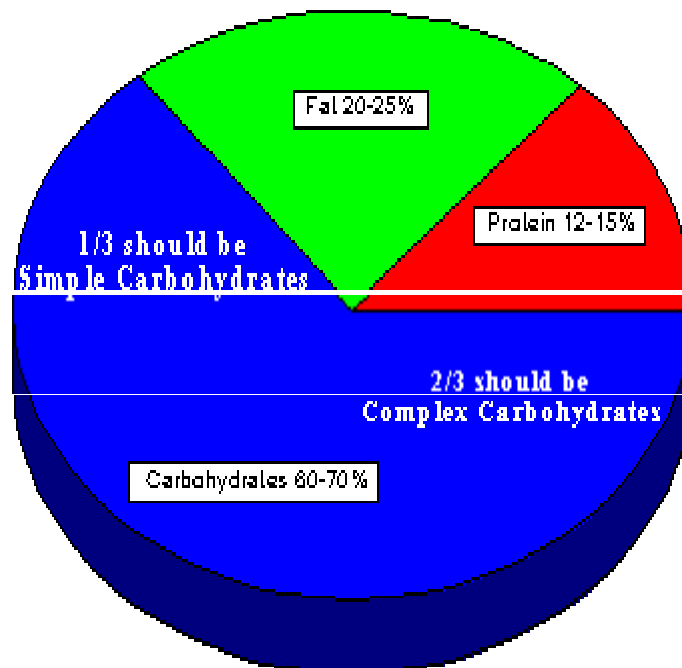




In this issue we have decided to explore some commonly asked questions about the broad and sometimes confusing group of foods called *carbohydrates*.

What are Carbohydrates?

Carbohydrates are a large group of foods containing everything from a bowl of cereal to an apple or a carrot, to a can of soda or baked beans. But mainly, you find them in fruits, vegetables and grains - the foods that make up the bottom parts of the Food Guide Pyramid. All foods are either fats, proteins, carbohydrates (or a combination of these) and *all* are important to good health. Unfortunately, many of us eat too much fat and protein instead of making carbohydrate foods the main part of our diet (see the chart below).



What Role Do Fruits, Veggies and Grains Play In Keeping Us Healthy?

Eating 5 or more fruits and vegetables a day has been shown to lower our risk of several types of cancer and heart disease. Eating enough dietary fiber is also believed to lower our risk of diseases and its role in reducing diabetes, high cholesterol and obesity is being studied. Usually, when you increase your intake of carbohydrate foods, you automatically reduce your intake of excess fat - which actually *causes* many of these health problems. You may also have of *antioxidants* and *phytochemicals*. These substances are found only in plant foods and have also been linked to lowering rates of certain cancers, in addition to providing important nutrients.



What is Meant by Simple vs. Complex Carbohydrates?

Did you know that there are two types of carbohydrates?

There are **simple** carbohydrates that are found fruits (fructose), most vegetables, milk (lactose), table sugar, brown sugar, corn syrup, molasses and honey.

Then there are **complex** carbohydrates that are found in starchy foods like noodles, rice, bread, bagels and other grain products, legumes (beans, lentils, peas), and some vegetables such as corn and potatoes.

Complex carbohydrates digest more slowly than simple carbohydrates making them our body's most efficient energy source available.

As you can see from the circle chart on page 1, about two-thirds of what we eat should consist of carbohydrate foods and of that total: 1/3 should be from simple and 2/3 from complex carbohydrates.

Oh, by the way, bread is **not** fattening - neither is rice or pasta. It's what you put on them (butter, sauces, gravies, etc.) that chalks up the calories. Say goodbye to the days when the "dieter's plate" *included* the hamburger patty and *excluded* the bun!!

How Do I Get Enough Fiber If I Hate Bran Flakes?

All plant foods have fiber. Fiber is the part of a plant food we can't digest. It comes from fruits, vegetables, nuts and seeds, beans or grains.

It's best to eat a variety of fiber-rich foods because they differ in the *kind* of fiber they contain. For example, fiber may be *insoluble*, the kind that doesn't dissolve in water, or *soluble*, which does dissolve in water. One type helps absorb nutrients, while another aids in the digestion process.

The funny thing about fiber is that while most foods do their work in

your body only *after* they've been absorbed, fiber helps the body mainly because you *cannot* absorb it by keeping food moving through our system and adding bulk, which helps us to stay regular.



If you're not eating enough fiber now, increase your intake gradually and drink plenty of water since your system needs time to get used to the change. Please call or write us for more information on the sources and benefits of fiber.

How Do I Know If I'm Getting Enough Carbohydrates Or Fiber In My Diet?

You can read the Food Labels! The nutrition facts panel on packaged foods lists the total carbohydrates (simple and complex together), dietary fiber, and sugars. Look for nutrition information for fresh fruits and vegetables to be posted in the produce area of grocery stores.

But, for these amounts to mean anything, you need to know they are *percentages* of the *total* recommended amounts you should eat in a day, which are given on the bottom part of the label.

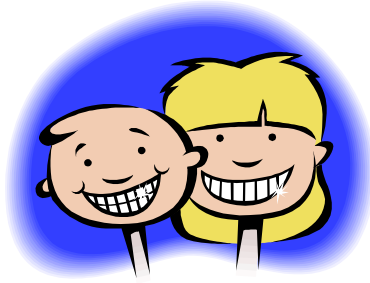
Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

1) The food in our example has 13 grams of carbohydrates per serving. That would be 4% of the. . .

2) . . . recommended 300 grams per day if you require the average of 2,000 calories per day.

The Nutrition Labels tell us exactly what we're putting in our mouths. We just need to take the time to read and understand them!





Kids Corner

Can You Guess What Carbohydrate Food Sally is Eating?

I'm orange, crunchy and make a great nose on a snowman	I'm red and round.
I'm long, thin and taste great with tomato sauce. When cooked, I'm soft and slippery.	Yankee doodle said he wore me in his hat!
I look like white sand but I'm oh so sweet sprinkled on cereal.	Sounds corny, but when you cook me I explode.
I come in many shapes and sizes. Pop me in your toaster or make a sandwich out of me.	Polly the parrot wants me.

Canned vs. Fresh Fruit and Vegetables

Most shoppers believe fresh is best and 8 out of 10 consumers think frozen foods pack in more nutrients than canned items. Truth is, many canned fruits and vegetables contain as much or more of certain nutrients than fresh and frozen.

Canned fruits and vegetables can be superior due to immediate processing after harvest, when nutrients are at their peak. Canned goods can be stored longer, are safer and more accessible during out-of-season periods.

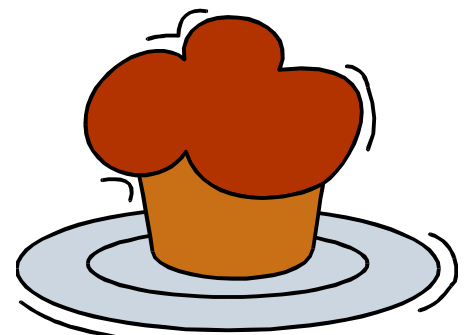


Applesauce Muffins

Makes 12

158 Calories; 3 grams fat per muffin

- | | |
|---------------------------|-----------------------|
| 1 cup whole wheat flour | 1 1/4 cups applesauce |
| 1 cup white flour | 1 egg |
| 2 tsp baking powder | 2 Tbsp oil |
| 3/4 tsp baking soda | 1/4 cup honey |
| 1/2 tsp cinnamon | 3/4 cup raisins |
| 1/4 tsp nutmeg (optional) | |



Preheat oven to 375 degrees Fahrenheit. In a medium bowl combine whole wheat and white flour, baking powder, baking soda, cinnamon and nutmeg. Set aside. In large bowl beat together applesauce, egg, oil and honey. Add flour mixture to applesauce mixture, stirring just enough to moisten dry ingredients. Stir in raisins. Divide batter among 12 greased muffin cups. Bake for 20 minutes.