

## **Nutrition fact: #1      Carbohydrates fuel muscles**

*Good carbohydrates (complex) help your blood sugar stable because they are digested and absorbed slowly into the bloodstream and don't require your pancreas to produce much insulin.*

### **Good Carbs**

Good/Complex Carbohydrates/High Fiber  
Legumes (Beans Kidney, Lima, Lentils, Red, Pinto)

*Baked Potato/Beans*

Whole Wheat Pasta

Brown Rice

Vegetables

Whole grain breads

High Fiber Cereals/ Low Sodium (under 300mg)/High Potassium

Shredded Wheat, Grape Nuts, Granola, Quaker Honey Oats,

Chex Series, Oatmeal

### **Bad Carbs(Refined)**

Refined carbohydrates, such as potato chips, doughnuts and cookies, are absorbed very quickly and trigger the pancreas to produce large amounts of insulin. So, while they may give you a boost, your energy level will drop off quickly and your mood will follow. Sugars are examples of refined carbohydrates

Potato Chips

Doughnuts, Cookies, Cakes, Pies

White Rice

White Bread

Sugar Products

Fried Foods