



Good Carbs
vs. Bad

Carbs

2024 Fast

GOOD CARBS

- FRESH FRUIT
- FRESH VEGETABLES
- LEGUMES
- BEANS
- PEAS
- LENTILS
- WHOLE GRAINS
- BROWN RICE
- QUINOA
- PURE OATS
- PUMPKIN SEEDS
- CHIA SEEDS
- SUNFLOWER SEEDS
- SWEET POTATOES
- POTATOES
- WALNUTS
- PEANUTS
- ALMONDS
- MACADAMIA NUTS
- HAZELNUTS
- OATS

WHY?

- HIGH FIBER
- NATURAL SUGARS
- LOW GLYCEMIC
- LOW INSULIN LEVELS
- SLOW DIGESTION
- PROLONGED ENERGY
- KEEP YOU FULL LONGER
- HELPS WITH WEIGHT LOSS

BAD CARBS

- FRUIT JUICE OR SWEET TEA
- SODA OR POP
- ENERGY DRINKS
- FLAVORED COFFEE DRINKS
- STORE-BOUGHT SMOOTHIES
- COOKIES
- PASTRIES
- CAKES
- WHITE RICE
- WHITE BREAD
- WHITE CRACKERS
- REGULAR PASTA
- CHOCOLATE & ANY CANDY
- ICE CREAM
- FROZEN YOGURT
- ANY FROZEN SWEET TREAT
- POTATO CHIPS
- FRENCH FRIES
- CEREAL
- CHEESE
- PANCAKES

WHY?

- LOW FIBER
- REFINED/PROCESSED
- FAST DIGESTION
- HUNGER COMES QUICKER
- ENERGY LEVEL DEPLETES QUICKER
- ADDED SUGAR
- HIGH INSULIN LEVELS
- HIGH GLYCEMIC
- CARBS CONVERT INTO FAT CELLS
- CAUSES WEIGHT GAIN