What types of carbohydrates do you consume on a regular basis?
What percentage of your carbohydrate consumption is made up of healthy vegetables and fruits?

Carbohydrates are one of the main sources of fuel for the body. Below is a list of carbohydrate choices - you may be surprised to find a few of the foods on the list categorized as a carb! Use this guide to make smarter selections for the carbohydrates you consume to help you achieve optimal energy and well-being.

**Limit or Avoid**: These carbs are nutritionally empty and can have harmful effects on health and well-being.

- Sugar – refined and artificial sweeteners
- Syrups – including agave, barley malt, (high fructose) cane syrup, corn syrup
- Candy
- Fruit drinks and soft drinks
- Refined Grains - white rice, white bread or flour, and semolina pasta

**Be Mindful**: Although these grains and starchy vegetables provide nutrients and minerals, when eaten in abundance, they can stimulate the release of a hormone called insulin, which can influence weight gain.

- Whole grains – including oatmeal, quinoa, wild rice, buckwheat
- Beans
- Peas
- Starchy vegetables – including corn, white potatoes

**Go Wild**: These carbs provide the body with fiber, minerals, vitamins, and antioxidants the body needs, without bogging it down with sub-par nutrition.

- Dark green, leafy vegetables
- Cauliflower and broccoli
- Zucchini and summer squash
- Carrots
- Sweet potatoes
- Tomatoes
- Peppers
- Low-glycemic fruits

**IGNITING ACTION**

After reviewing the categories of carbs, what stands out to you about your own carbohydrate consumption?

When you think about improving your carbohydrate selection, what action are you committed to taking?