



bad carb!

good carb



News Flash: Eat Carbs!

Three easy ways to incorporate
'good' carbohydrates into your diet:

Carbohydrates get such a bad rap, they might as well wear a leather jacket and roll up a pack of smokes in their T-shirt sleeves. But not all are created equal. "We crave cookies and chips because they taste good, which makes them easy to overconsume and leads to weight gain," explains Rachel Brandeis, a dietitian with an Atlanta-based private practice. But, not all carbs are created equal. Here are three ways to help you make the right carb choices:

Keep it under control.

In general, people don't really have a clue when it comes to portion sizes. Instead of thinking about servings, focus on the amount of whole grains in each food. The Whole Grains Council recommends eating at least 48 grams of whole grains per day, which is about four servings. This is roughly the equivalent of eating one slice of whole-grain bread, 3 cups of popcorn and one cup of whole-grain cereal. "Try to put only one carbohydrate on your plate each meal," Brandeis adds.

Get out of a carb rut.

"Whole grains, fruits, vegetables and legumes are referred to as 'good' carbs, and we use the term 'bad carbs' to describe refined and processed foods like white rice, white bread and added sugars," says Amber O'Neal, an Atlanta-based personal trainer, nutrition expert and owner of Café Physique Fitness & Nutrition. "In general, bad carbs lack fiber and contain empty calories." Try these: quinoa, amaranth, kale, navy beans or chickpeas.

Look for the logo.

Look for the Whole Grains Council's official logo on your food packaging, which means food is 100-percent whole grain. Brandeis also recommends, "Be the first word on the ingredient list on the food label, as that's one with the highest amounts needs to say 'whole,' because it is the best choice for you."

-Rachel Nall