



All About



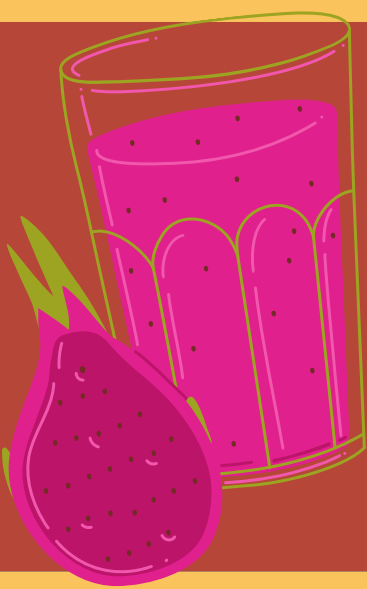
Complex Carbs



What is a simple carb?

SIMPLE CARBS are sugars. While some occur naturally in milk products, most are added to foods in the American diet.

- Bread
- Pasta
- Juices



Simple Carbs to Avoid

- Fruit juice concentrate
- White sugar
- Brown sugar
- Food products with high-fructose corn syrup (soda, fast food, sauces)

What is a complex carb?

COMPLEX CARBS pack in more nutrients, are higher in fiber, and digest more slowly. These keep you full longer and are ideal for people with type 2 diabetes and who are fasting because they help manage blood spikes after meals and maintain energy throughout the day.

- Fruits and vegetables (broccoli, squash)
- Nuts (almonds, pecans, cashews)
- Whole grains (quinoa, brown rice, oatmeal)
- Beans and legumes (black beans, peas, soybeans)



Complex Snacks to Eat

- Apples with natural peanut butter
- Carrots with humus
- Honey-roasted peanuts
- Whole grain cheerios
- Unsweetened fruit cups

