

Complex Carbohydrates

Whole Grains, Starches



What are Complex Carbohydrates?

- Make you feel full and you can eat more.
- 1 complex and 1 simple carbohydrate - have 15 grams of carbohydrates.
- Are high in Fiber, vitamins and minerals.
- Carbohydrates - body's principal source of energy, fueling body functions.
- Calorie Free < 5 calories per serving.
- Low Calorie - 40 calories or less per serving.

Facts:

- Sugar Free foods are not always low in calories.
- Sugar-free foods - have < 1/2 gram sugars per serving.
- Reduced-sugar foods - have 25% less sugar than the original food.
- Foods with no added sugar do not have sugar added.

What are some complex carbohydrates?

Serving Size	Food
1	6-inch Tortilla
3 Cups	Popcorn
1 1/2 Cups	Broccoli
1/2 Cup	Dried Peas or Beans
1/3 Cup	Wild Rice
1 Slice or 1/2 Cup	Whole Wheat Breads or Cereals
1/2 Cup	Potatoes with skin
1	Apple
1	Pear
1	Peach



What do I need to do?

- See your Health Care Provider.
- See Food Fitness First, Inc.® Diabetic FOOD SPIRAL®.
- See a Registered Dietitian for help with meal planning.
- Read labels there are many forms of sugar as - corn syrup, dextrose, honey, fructose, high-fructose corn syrup, glucose, lactose, maltose, sucrose, raw sugar, molasses, maple syrup, and fruit juice concentrate.