

Carbs: fuel for life : Don't fall for the myth that all carbs are bad for you : They're an important part of a healthy diet.

Publication/Creation

[Place of publication not identified] : [publisher not identified], [2013]

Persistent URL

<https://wellcomecollection.org/works/bgd5u567>

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CARBS:
FUEL
FOR LIFE

DON'T FALL FOR THE MYTH THAT ALL CARBS ARE BAD FOR YOU. THEY'RE AN IMPORTANT PART OF A HEALTHY DIET AND A POWERFUL SOURCE OF ENERGY. HOWEVER, SOME CARBOHYDRATES ARE BETTER THAN OTHERS.



CARBS DELIVER THE FUEL OUR BODIES NEED TO KEEP ACTIVE AND ARE VITAL FOR OUR ORGANS TO FUNCTION PROPERLY.

So, what's a carbohydrate? It's an organic compound consisting of carbon, hydrogen and oxygen that's commonly found in starch, fibre and sugar.

From bread, milk, rice and pastries to soft drinks, beans and pasta – carbs appear in a wide range of foods.

The best sources of carbs – such as fruit, vegetables and wholegrains – contain vital vitamins and minerals and are good for our health.

However, the refined carbs that appear in pastries, white bread, white rice, sugared drinks and highly processed foods can contribute to weight gain and increase the risk of heart disease and diabetes if eaten in large quantities.

THE BENEFITS OF GOOD CARBS:

Providing energy Carbs are our bodies' main source of fuel.

Protecting against disease Fibre's essential for good digestive health and there's evidence that it can reduce the risk of chronic disease.

Controlling weight Eating plenty of wholegrains, fruit and vegetables can help maintain a healthy weight – their fibre and bulk makes us feel fuller on fewer calories.

Adding good carbs to your diet can deliver a wholegrain health gain:

Start the day with a bowl of hot oats or a low-sugar cold cereal with wholegrains.

Tuck into wholegrain bread sandwiches at lunchtime – 100 percent wholewheat bread is best. Why not try baking your own?

Substitute potatoes for brown rice, wholewheat pasta or bulgur during your evening meal.

**KNOW
YOUR
FOOD**