



We've all heard about popular carbohydrate-restrictive diets. They have led to the incorrect belief that carbohydrates are bad. Carbohydrates are important in maintaining organ function and providing the body with energy. Understanding the difference between good and bad carbs can help to maintain healthy weight and diet.



Low GI (55 or less) *† choose most often ✓✓✓	Medium GI (56-69) *† choose more often ✓✓	High GI (70 or more) *† choose less often ✓
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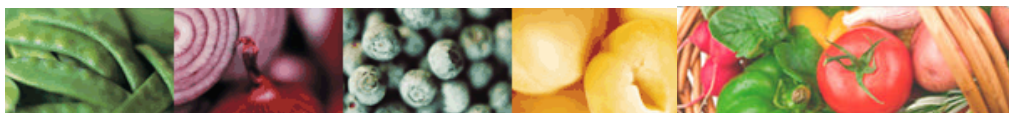
The Glycemic Index (GI) is a system used to measure how fast and far your blood sugar rises after you eat carbohydrates.

Foods break down at different rates in the stomach and affect blood sugar levels. Bad carbs (such as white bread) have a high GI value because they are quickly converted to glucose, causing a spike in blood sugar levels. This can lead to excessive snacking, sugar cravings, and low energy. Good carbs (such as brown rice) have a low GI value because they break down slowly and cause a less dramatic change in blood sugar levels. Good carbs help to stabilize blood sugar levels and are typically high in fiber, which can help prevent a number of health problems.



The bulk of calories consumed should be carbohydrates high in fiber. Examples of good carbs are beans, fruits and vegetables with skin, whole grain cereals and breads, and whole wheat pasta. Carbohydrates are a vital part of a healthy diet; just be sure to get them from the right foods.

Further information on the Glycemic Index, can be found at www.glycemicindex.com



Don't forget these other great resources: Your Nurse Line Chat, Audio Health Information Library^o, and www.spectrumhs.com for links to reliable health information.