



Carbohydrates





GOOD CARBS



BAD CARBS

WHY CARBOHYDRATES MATTER TO YOU

Over the last 10 years, opinions have ranged wildly on carbohydrates. Some diets promote carbs as healthy, while others shun them. So are carbohydrates good or bad? The short answer is: they're both.

CARBS ARE EVERYWHERE!

Carbohydrates are not just bread, rice or pasta – all of the following foods are examples of carbohydrates:



Breads &
Cereals



Rice &
Pastas



Nuts &
Seeds



Vegetables
& Fruits



Milk &
Dairy



Juice &
Soda



Candy &
Desserts

COMPLEX CARBS = GOOD

Good carbs are also referred to as complex carbohydrates. Their chemical structure and fibers require our bodies to work harder to digest, and energy is released over a longer time.

For the most part, good carbs are in their 'natural' state – or very close to it (including whole-grain breads, cereals and pastas).

SIMPLE CARBS = BAD

Simple carbohydrates are smaller molecules of sugar that are digested quickly into our body. The energy is stored as glycogen in our cells, and if not used immediately gets converted to fat.

Bad carbs are generally 'processed' carb foods that have been stripped of their natural nutrients and fiber to make them more 'consumer friendly.'

Nutrition	Women	Men
Carbohydrates	230g	300g
Sugar	30g	30g
Fibre	30g	30g





Good vs. Bad Carbohydrates: Know the Difference

By PositiveMed.com

Good Carbs

More fiber, minerals & vitamins, Low glycemic index, Feel full on fewer calories



Whole-grain



Oatmeal



Green vegetables



Fruits

Bad Carbs

Low fiber & nutrients, High glycemic index, Lots calories needed to make you full



Refined grains



Sugary cereals



Soda & sugary drinks



Candies & cookies



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... just because it tastes good, doesn't mean it's your friend.

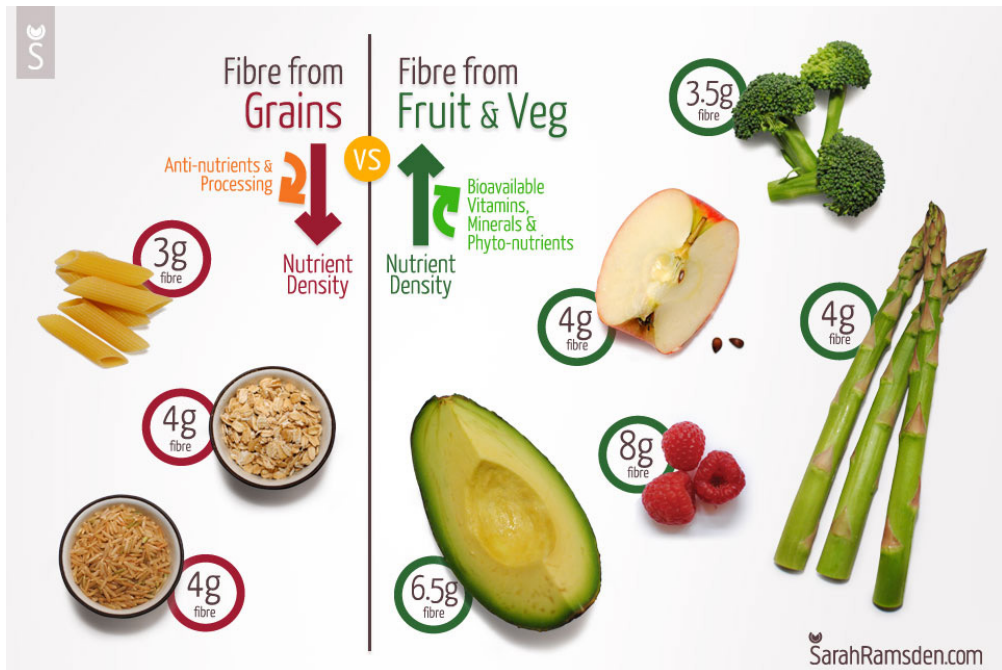




Fibre

A diet rich in fibre has many health benefits. It reduces the risk of bowel problems, these include constipation, haemorrhoids, diverticular disease and cancer of the colon or large bowel.

Having a diet rich in fibre gives a feeling of fullness. This can help people to control their appetite and help towards weight loss.





Approximate dietary fibre content of selected foods'

Aim to eat about 18-30g fibre per day

	Food	Typical portion (weight)	Fibre/portion
Breakfast Cereals	All-Bran	1 medium sized bowl(40g)	9.8g
	Shredded Wheat	2 pieces (44g)	4.3g
	Bran Flakes	1 medium sized bowl (30g)	3.9g
	Weetabix	2 pieces (37.5g)	3.6g
	Muesli (no added sugar)	1 medium sized bowl (45g)	3.4g
	Muesli (Swiss style)	1 medium sized bowl (45g)	2.9g
	Fruit'n Fibre	1 medium sized bowl (40g)	2.8g
	Porridge (milk or water)	1 medium sized bowl (250g)	2.3g
	Cornflakes	1 medium sized bowl (30g)	0.3g
Bread/rice/pasta	Crispbread, rye	4 crispbreads (36g)	4.2g
	Pitta bread(wholemeal)	1 piece (75g)	3.9g
	Pasta (plain, fresh cooked)	1 medium portion (200g)	3.8g
	Wholemeal bread	2 slices (70g)	3.5g
	Naan Bread	1piece (160g)	3.2g
	Brown bread	2 slices (70g)	2.5g
	Granary bread	2 slices (70g)	2.3g
	Brown rice (boiled)	1 medium portion (200g)	1.6g
	White rice (boiled)	1 medium portion (200g)	0.2g
Vegetables	Baked beans (in tomato sauce)	Half can (200g)	7.4g
	Red kidney beans (boiled)	3 tablespoons (80g)	5.4g
	Peas (boiled)	3 heaped tablespoons (80g)	3.6g
	French beans (boiled)	4 heaped tablespoons (80g)	3.3g
	Brussel sprouts (boiled)	8 sprouts (80g)	2.5g
	Potatoes (old, boiled)	1 medium size (200g)	2.4g
	Spring greens (boiled)	4 heaped tablespoons (80g)	2.1g
	Carrots (boiled, sliced)	3 heaped tablespoons (80g)	2.0g
	Broccoli (boiled)	2 spears (80g)	1.8g
	Spinach (boiled)	2 heaped tablespoons (80g)	1.7g
Salad Vegetables	Pepper (capsicum green/red)	Half (80g)	1.3g
	Onions (raw)	1 medium (80g)	1.1g
	Olives (in brine)	1 heaped tablespoon (30g)	0.9g
	Tomato (raw)	1 medium /7 cherry (80g)	0.8g
	Lettuce (sliced)	1 bowl (80g)	0.7g
Fruit	Avocado pear	1 medium (145g)	4.9g
	Pear (with skin)	1 medium (170g)	3.7g
	Orange	1 medium (160g)	2.7g
	Apple (with skin)	1 medium (112g)	2.0g
	Raspberries	2 handfuls (80g)	2.0g
	Banana	1 medium (150g)	1.7g
	Tomato Juice	1 small glass (200 ml)	1.2g
	Strawberries	7 strawberries (80g)	0.9g
	Grapes	1 handful (80g)	0.6g
	Orange juice	1 small glass (200ml)	0.2g
Dried fruit/nuts	Apricots (semi-dried)	3 whole (80g)	5.0g
	Prunes (semi-dried)	3 whole (80g)	4.6g
	Almonds	20 nuts (33g)	2.4g
	Peanuts (plain)	1 tablespoon (25g)	1.6g
	Mixed nuts	1 tablespoon (25g)	1.5g
	Brazil nuts	10 nuts (33g)	1.4g
	Raisins/sultanas	1 tablespoon (25g)	0.5g







1. Bottle Of Coke (500MI) 10½ Cubes

Coca-cola is one of the worst offenders when it comes to sugary drinks, with a 500ml bottle containing your recommended daily allowance.

2. Jordans Frusli Bar, Blueberry, 2 Cubes

Along with the undisputed benefits of wholegrains, you get 2tsp of sugar. Some comes from the fruits and some is added to boost taste.

3. Volvic Touch Of Fruit Lemon And Lime (1.5 Litre) 16½ Cubes

This flavoured water may look healthy, but the high sugar content makes it equivalent to sugary pop.

4. Red Bull (250MI) 5½ Cubes

This drink is well-known for its high caffeine content, but it also contains a lot of sugar.

5. Ben & Jerry's Phish Food Ice Cream (500MI), 28 Cubes

There are dairy sugars in this ice cream, but the sweetness will overwhelmingly come from added sugars.

6. Tesco Chicken Korma & Pilau Rice (550G), 3 Cubes

Sweeter, creamier sauces contain added sugar, and often in quite high quantities.

7. Innocent Mangoes & Passion Fruits Smoothie (250MI), 6 Cubes

Some of the fruit in smoothies is whole fruit that's crushed, and so it still contains fibre. This isn't as bad for you as pure juice, which counts as added sugar.

8. 1 Tbsp (15MI) Ketchup, 1 Cube

Sugar is added to ketchup to achieve that characteristic taste, though some comes from the tomatoes.

9. BbQ Pringles, (190G), 1½ Cubes

The sugar turns up in the BBQ 'flavour', which is largely sugar.

10. 2 Mcvities Digestives, 1 Cube

Though digestives are considered by many to be one of the healthier biscuits, two still contain one lump of sugar.

11. New Covent Garden Plum Tomato & Mascarpone Soup (600G), 6 Cubes

Sugar is added to this soup, but much of it comes from the high concentration of tomatoes, which means it is classed as 'good' naturally occurring sugar.

12. Pret Coronation Chicken & Chutney Sandwich, 2½ Cubes

Sandwiches are a common, but unlikely sources of sugar. Some here will come from the bread, but most from the chutney.

13. Mcdonald's Large Strawberry Milkshake, 16 Cubes

Though this is very high, some will come from the milk.

14. Waitrose Love Life Crayfish & Mango Salad, 2 Cubes

A reminder to watch out for sugar in salads — this one has a Thai dressing packed with sugar, plus some less damaging sugar in the mango.

15. Sun-Maid Raisins (14G), 2 Cubes

Not the healthier 'bad' sugar found in sweets, but it can quickly add up if you have anything more than the smallest serving.

16. Muller Light Strawberry (175G Pot), 2½ Cubes

Many low-fat foods contain high amounts of sugar to compensate for the lack of taste and texture.

17. 1 Banana, 4 Cubes

Bananas are high in natural sugar that's healthy in moderation.

18. Dolmio Bolognese Original Sauce (500G Jar), 6½ Cubes

Most tomato pasta sauces contain added sugars to boost the taste, though some will also occur naturally in the tomatoes.

19. 1 Plain Bagel, 1 Cube

Notice a cloying sweetness in some bagels? That's from the teaspoon or so of sugar added to each one.

20. Glass Of Tropicana Smooth Orange Juice (200MI), 3½ Cubes

Though sugar in the whole fruit counts as 'good' sugar, juicing removes the fibre, so it is classified as the more harmful 'added sugar'.

21. Glass Semi Skimmed Milk (200MI), 2 Cubes

Milk sugar doesn't count as the harmful added kind because it is released slowly in the body.

22. Apple, 2½ Cubes

Though apples contain a surprisingly high amount of sugar, it's 'good' sugar, encased in fibre.

23. Bran Flakes (30G With Milk, 125MI), 2½ Cubes

Bran Flakes are 22 per cent sugar, but here milk adds half a cube.

24. Starbucks Signature Grande Hot Chocolate & Cream, 9½ Cubes

Some of this sugar may come from the milk, and so count as 'good' naturally occurring sugars, but the majority will be added sugar.

25. Mcdonalds Fillet-O-Fish, 1 Cube

The sugar probably comes from the tartare sauce and the sweet buns.

26. Galaxy Bar (125G), 14 Cubes

As well as fat, you'll also receive a large dose of sugar — remember to keep it as a treat.



Toxic Effects of Sugar

Speeds aging process
Suppresses immunity
Disturbs mineral balance
Raises cholesterol & triglycerides
Increased risk of Alzheimer's
Diabetes & hypoglycemia
Tooth decay & periodontal disease
Weight gain & obesity
Candidiasis (yeast infections)
Kidney disease
Hyperactivity
Depression & anxiety
Several types of cancer
Weakened eyesight
Osteoporosis

Coronary heart disease.
Crohn's disease and ulcerative colitis.
Asthma
Arthritis
Gallstones and kidney stones
Hormonal imbalances
Appendicitis
Multiple sclerosis exacerbation
Decreased growth hormone
Emphysema
Atherosclerosis
Fatty liver
Constipation
Fluid retention
Headaches & migraines

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Cereals

Cereal (per 100g)	Kcals	Total Carbohydrates	Sugars	Starch	fat	Saturated	Fibre	Sodium
All Bran	334 kcal	48g	18g	30g	3.5g	0.7g	27g	0.45g
Bran Flakes	356kcal	66g	20g	46g	2g	0.5g	15g	0.4g
Coco Pops	387kcal	85g	35g	50g	2.5g	1g	2g	0.3g
Cornflakes	378kcal	84g	8g	76g	0.9g	0.2g	3g	0.5g
Crunchy nut Cornflakes	402kcal	82g	35g	47g	5g	0.9g	2.5g	0.35g
Frosties	375kcal	87g	37g	50g	0.6g	0.1g	2g	0.35g
Fruit & Fibre	380kcal	69g	24g	45g	6g	3.5g	9g	0.45g
Rice Krispies	383kcal	87g	10g	77g	1g	0.2g	1g	0.45g
Special K	379kcal	76g	17g	59g	1.5g	0.5g	2.5g	0.45g
Quaker Oats	356kcal	60g	1.1g	58.9g	4.0g	1.5g	9.0g	trace
Oats so Simple - Apple & Blueberry	364kcal	68g	20.9g	47.1g	6.3g	1.1g	7.0g	trace
Shredded Wheat	363kcal	68.5g	0.7g	67.8g	2.2g	0.5g	11.6g	trace
Shreddies	371kcal	73.7g	14.9g	58.8g	1.9g	0.4g	9.9g	0.3g
Cheerios	381kcal	74.5g	21.5g	53g	3.8g	0.9g	7.1g	0.49g
Weetabix	358kcal	68.6g	4.4g	64.2g	2g	0.6g	10g	0.26g
Weetos	392kcal	75.4g	23.5g	51.9g	4.9g	1.0g	6.2g	trace
Aplen	377kcal	66.8g	23.1g	43.7g	5.8g	0.8g	7.0g	0.11g
Alpen no added sugar	374kcal	64.6g	16.3g	48.3g	6.2g	0.9g	7.8g	trace
Ready Brek	373kcal	57.9g	1.0g	56.9g	8.7g	1.2g	7.9g	trace



Cereal Bars

Cereal bars can be a convenient alternative to a bowl of cereal, but what you gain in time you generally lose in nutrition. Most cereal bars tend to be high in sugar and some are also high in fat. Take a look at the table below.

Bar (per 100g)	Calories	Fat	Saturated Fat	Sugar
Alpen Coconut with Milk Chocolate	444	16.3	8.2	27.4
Alpen Fruit & Nut	390	8.3	1.5	29.6
Alpen Fruit & Nut with Milk Chocolate	429	13	5.1	36.1
Alpen Light Apple & Sultana	330	3.6	1.5	24.5
Alpen Light Chocolate & Fudge	301	6.7	2.9	24.1
Alpen Light Chocolate & Orange	339	5.5	2	18.3
Alpen Light Double Chocolate	344	6.3	2.7	22
Alpen Light Summer Fruits	334	4.1	1.5	22.8
Alpen Raspberry & Yoghurt Bar	419	10.9	6.1	36.6
Alpen Strawberry & Yoghurt Bar	412	10.2	5.4	34.6
Jordans Frusli: Apple, Cinnamon & Sultana	369	7.8	1.7	36.1
Jordans Frusli: Blueberry	376	7.8	1.7	30.5
Jordans Frusli: Cranberry & Apple	379	8	1.7	31.4
Jordans Frusli: Raisin & Hazelnut	390	12.2	1.8	32.1
Jordans Frusli: Red Berries	378	7.9	1.7	30.2
Jordans Frusli: Truly Tropical	377	7.6	1.6	33.9
Kellogs Nutrigrain Blackberry	324	8.1	1.4	27
Kellogs Nutrigrain Cherry/Raspberry/Blueberry/ Apple Cinnamon	324	8.1	1.4	32.4
Kellogs Nutrigrain Mixed Berry/Strawberry	324	8.1	1.4	29.7
Kellogs Nutrigrain Strawberry Yoghurt	351	9.5	1.4	32.4
Kellogs Special K Dark Chocolate Chewy Cereal Bar	404	14	6	20
Kellogs Special K Double Chocolate Cereal Bar	396	9	5	28
Kellogs Special K Milk Chocolate Chewy Cereal Bar	397	13	5	24
Kellogs Special K Orange & Chocolate/ Mint & Chocolate Cereal Bar	403	10	5	36
Kellogs Special K Peach & Apricot Cereal Bar	383	6	4	38
Kellogs Special K Raspberry & Chocolate Cereal Bar	403	10	5	35
Kellogs Special K Red Berry Cereal Bar	391	5	3.5	38





One bad meal won't
make you fat.

Just like one good
meal won't make
you skinny.

Your actions for this week

- **Try reducing sugar content by swapping high sugar foods for low sugar versions.**
- **Read food labels and become aware of how much sugar is in food products.**

Look for the "Carbohydrates (of which sugars)" figure in the nutrition label.

High – over 22.5g of total sugars per 100g

Low – 5g of total sugars or less per 100g
- **Remember to plan your physical activity and log it in your diary.**





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