



Top Ten Reasons to Keep Carbohydrates in your Diet:

- 1 Energy:** Carbohydrate foods are the most efficient energy source for your body.
- 2 Protein sparing:** Adequate carbohydrate intake saves your lean tissue from being used as energy.
- 3 Naturally low in calories:** Non-starchy vegetables have about 25 calories in a serving.
- 4 Vitamins/Minerals/Antioxidants:** Carbohydrate foods such as fruit, vegetables, legumes and grains are rich in vitamins, minerals and antioxidants. Aim for variety.
- 5 Fiber:** Found only in plant foods, fiber can help decrease your risk of colon cancer, cardiovascular disease and help control diabetes. Foods high in fiber satisfy hunger and make you feel full.
- 6 Variety:** Everyone can find vegetables, fruits, legumes and grains they enjoy.
- 7 Inexpensive:** Some of the healthiest carbohydrate choices, like beans and other legumes and grains stretch food dollars.
- 8 Convenience:** Many healthy carbohydrate choices don't require cooking (fruit, vegetables, milk, yogurt).
- 9 Taste great:** Whether you like sweet or savory, there are many choices.
- 10 Adventure:** Carbohydrates are the basis of some of the world's great cuisines and flavors.

OUR MISSION WITH STOP HUNGER Stop Hunger Where It Starts

Since 1999, the Sodexo Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexo Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

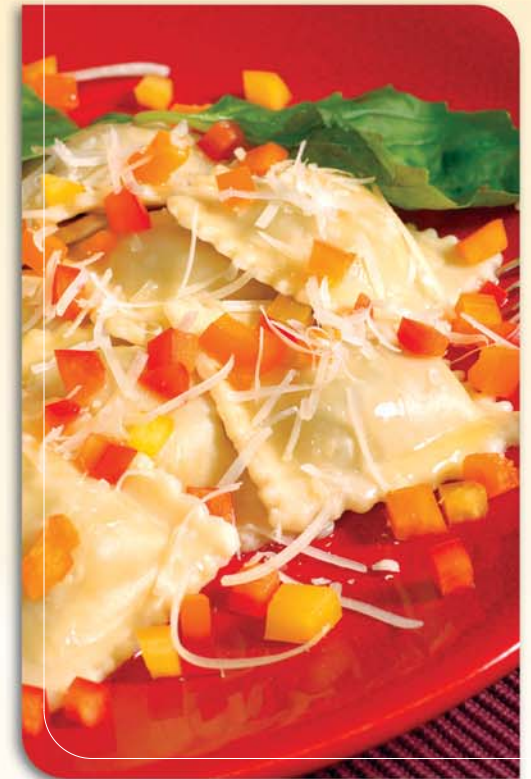
www.helpstophunger.org



Balance Mind Body Soulsm is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

www.balancemindbodysoul.com

CARBOHYDRATES *Friend or Foe?*



balance
mind, body
and soul



10% Total Recovered Fiber/All Post-Consumer Fiber



Carbohydrates: Friend or Foe?

Cutting carbohydrates to curb your weight? You may be shedding pounds but do you know what you're really losing?

Carbohydrate is the preferred energy source for the body. It is turned into blood sugar, mostly glucose, which fuels most of the body cells. Glucose is the only fuel normally used by brain and nerve cells. The brain depends on the blood stream to deliver a steady supply of glucose. And without carbohydrates, the body cannot use other energy nutrients—protein and fat—properly.



Some glucose is used immediately after digestion for energy. Some is turned into glycogen and stored in the liver and muscles. After energy and storage needs are met, excess glucose is converted to fat. Excess protein and fat are also stored as fat.

If you eliminate or cut way down on carbohydrate foods, you are missing out on substantial amounts of vitamins, minerals, antioxidants and fiber. Another concern, when eliminating carbohydrates, is what your body has to do to find energy. After glycogen stores have been depleted, your body seeks another source of glucose. Protein can be converted to glucose, but the process takes a toll on your body. Unlike carbohydrate, protein contains nitrogen. In order to make glucose your body has to get rid of the nitrogen, taxing your kidneys. Over time this can cause stress to the kidneys and lead to damage.



Why do people lose weight quickly on a low-carbohydrate diet?

If your body needs more glucose, lean muscle mass, which stores glycogen, is broken down to provide energy. Each gram of stored glycogen has three to four grams of water in solution with it. Muscle breakdown and the associated water can cause rapid weight loss. And because low carbohydrate diets restrict many types of foods including grains, sweets, fruits and vegetables, these diets tend to be low in calories which lead to weight loss.

Ke-WHAT-sis?

Prolonged starvation or carbohydrate deprivation causes the body to adapt an alternative energy source to survive. Humans do not have the ability to convert fat to glucose; however, by-products of fat can be made into ketone bodies, a process called ketosis. Ketone bodies provide an alternative source of fuel for the body. Ketones are rarely found in the blood of a healthy person. A high level of ketones in blood cause an acid-base imbalance and, among other things, promotes mineral loss. Meanwhile, your body slows your metabolism (calorie use) to conserve energy. Meaning, you need fewer calories now to function than you did before you started eliminating carbohydrates to try to lose weight.

Dietary Sources of Carbohydrates



- Starches: pasta, bread, potatoes, rice, cereal
- Fruits/Fruit Juice
- Vegetables
- Legumes (*considered a vegetable and a protein*)
- Milk
- Simple Sugars: table sugar, honey, soft drinks, candy
- Sugar alcohols: found in many products labeled 'sugar-free'
- Fiber

All Carbohydrates are not created equally.

Make the most of your calories by choosing foods rich in complex carbohydrate. Fruits and/or vegetables should be front and center on your plate. Low in calories, high in fiber and water, vegetables and fruits help keep you from feeling hungry.

Try to include at least 3 servings of whole grains daily. Legumes (beans) provide protein as well as complex carbohydrate.

Simple sugars like candy, soft drinks and desserts should be consumed sparingly. They rack up calories and pounds quickly without the nutritional benefits of complex carbohydrates.

Bottom Line

A balanced diet rich in complex carbohydrate, lean protein and small amounts of unsaturated fat help control body weight and maintain muscle mass. To lose weight consume fewer calories than you burn each day. Either cut back on calories or move more. Better yet—do both.



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