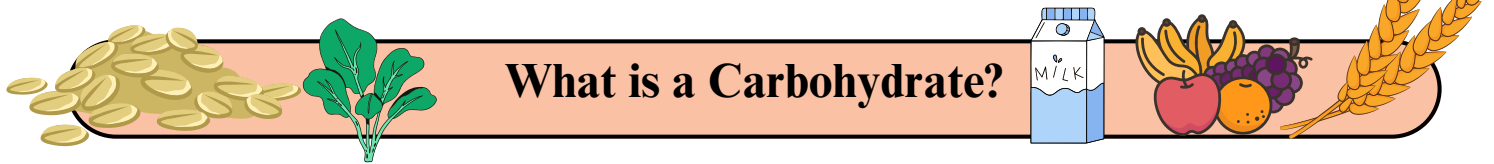


# Carbohydrate Myths

There are lots of myths about carbohydrates, also called carbs, and how they affect your body. It can be hard to know what's correct! Fortunately, the U.S. Department of Agriculture (USDA)'s **Dietary Guidelines for Americans** can be **trusted** for **accurate** and **up-to-date** information.



## What is a Carbohydrate?

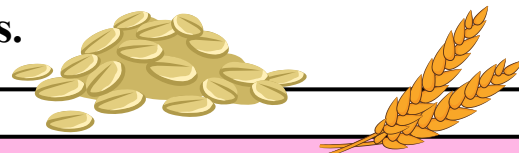
- Carbohydrates, protein, and fat are the three **macronutrients**: we need all of these nutrients in large amounts to stay healthy.
- Carbs are made up of sugar molecules which provide **energy**.
- **Choose**: fruits and veggies, milk and other dairy, 100% whole grain forms of bread, pasta/noodles, rice, oats, cereal, and other grains
- **Limit**: sweets like cake, candy, and cookies, refined, grains, and added sugar, including brown sugar, raw sugar, and honey.

**Myth #1:** Carbohydrates are bad for your health, and should be avoided

**Myth Buster:** Carbohydrates give you energy. It's recommended you get **45 - 65%** of your daily calories from carbohydrates.

**Myth #2:** Brown carbs are always better than white carbs

**Myth Buster:** It's true that 100% whole grain carbohydrate sources are healthier than refined carbs. **However, brown or dark colors are not a sign that foods are made with whole grains.**



**Tip:** Use the food label to find whole grains

- Look for the words "**100% whole grain**" or "**100% whole wheat**"
- If the first ingredient is a whole grain, then the food is **whole grain**.
- The words "bran" & "100% wheat" & "multigrain" & "wheat bread" **don't** mean the product is necessarily whole grain.

**Myth #3:** Sugar in fruit is the same as sugar from candy and other sweets

**Myth Buster:** Even though fruit might taste similar to candy and other sweets, **they don't affect our bodies the same way.**

- Fruit has natural sugars and **essential vitamins & minerals**. Candy lacks these nutrients.
- **Fiber** from fruit helps you **feel full for longer and stabilizes your energy** level throughout the day.



**Myth #4:** You can't lose weight if you eat carbs & Low carb diets are the only way to lose weight

**Myth Buster:** Restricting carbohydrates can lead to **nutritional imbalances and low energy**. Many factors influence your weight. Eating excess calories from **any** food source, including carbohydrates, protein, and fat, can lead to weight gain.

**Tip:** Your health is **not** defined by weight alone. To **improve health**, choose a balanced diet guided by MyPlate, be physically active, get a good night's sleep, and manage stress.



### How to Learn More

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