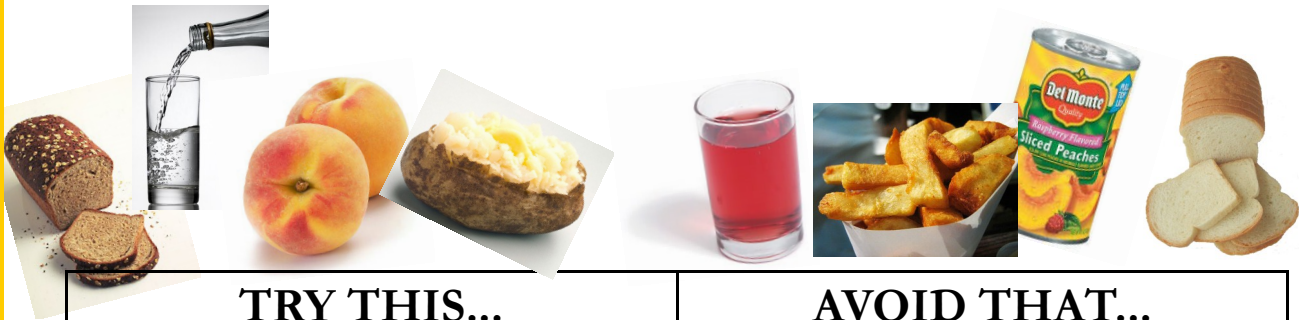


# ARE ALL CARBOHYDRATES CREATED EQUAL?

Carbohydrates are ESSENTIAL for healthy living. However, **not all carbs are created equal**. Select carbohydrates from a variety of sources, and focusing on foods that are less processed. Fiber is often lost during processing, and can help control rapid changes in blood sugar.



TRY THIS...	AVOID THAT...
Whole Grain Bread, Whole Wheat Pasta, Whole Oats, Brown or Wild Rice	White Bread, White Pasta, or White Rice
Fresh Whole Fruit, Fruit Packed in Water, or Frozen Whole Fruit	Fruit Juice, Canned Fruit in Syrup, Sugary Fruit Spreads or Fillings, Peeled Fruit
Baked Potato, Mashed Potatoes with the Skin, Corn, Peas, and Beans	Packaged Potato Flakes, Skinless Potato, French Fries, Chips, or Refried Beans
Water, Calorie – Free Seltzers, Diet Beverages	Regular Soda, Sweet Teas, Fruit Juice or Fruit Drinks
Two “Oreo” Sized Cookies, 1/4 Cup Frozen Dessert	Any oversized or supersized dessert!

Questions or Appointments?  
 Jenny (212) 367– 1259  
 Sarah (212) 367 1261  
 Margaret (212) 367 1263

\* The Kitchen and the Nutritionists have collaborated to determine how many exchanges are on your plate based upon typical servings.