

EAT SMARTER CARBS

NOT Fewer Carbs!



Whenever possible, choose high quality, nutrient-dense, fiber-rich carbohydrates. You do not need to cut out carbs altogether!
Just aim to choose better carbs every day!

SMART CARBS ARE...

- High in fiber
- Full of vitamins & minerals
- Simple to prep & cook
- Real, whole & minimally processed
- Versatile & delicious!

WHY SMARTER NOT FEWER?

Choosing high quality carbs help you to feel energized and satisfied longer. They add value to your life and keep you feeling your best!

SMART CARB LIST

- Fresh or frozen fruit
- Starchy tubers (potatoes, artichokes, yuca, sweet potatoes)
- Squash
- Whole grains such as brown rice, quinoa, millet & oats
- Beans and legumes

EAT THE RIGHT AMOUNT

For women, one portion of carbs is roughly 1 cupped handful. For men, 1-2 cupped handfuls is appropriate.

START TODAY!

- Keep it simple
- Start by trying 1 new smart carb
- Review the smart carb list
- Find healthy substitutes for highly processed carbs
- Eat the appropriate portion
- Eat slowly, mindfully and until 80% full

ONE DAY AT A TIME... ONE HABIT AT A TIME!



REMEMBER...

Do not aim for perfection. Do your absolute best to replace sugar-laden, highly processed carbs like cereals, bars, and packaged foods with REAL, whole, minimally-processed carbohydrates. Instead of feeling that 2pm crash, eat high quality carbs to get an afternoon energy burst!