

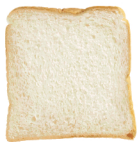
BAD VS GOOD

BAD
SIMPLE

VS

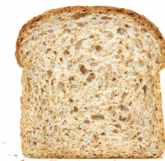
GOOD
COMPLEX

CARBS



White Bread

75 Calories
14g Carbs
1g Fiber
3g Protein



White Bread

70 Calories
13.5g Carbs
1.5g Fiber
3g Protein



Penne

200 Calories
41g Carbs
2g Fiber
7g Protein



Whole Wheat Penne

200 Calories
42g Carbs
6g Fiber
6g Protein



White Rice

160 Calories
36g Carbs
1g Fiber
3g Protein



Brown Rice

170 Calories
34g Carbs
2g Fiber
3g Protein

Complex carbs may contain more fiber and micronutrients, but that doesn't make simple carbs "bad." You can lose weight while eating so-called bad carbs, and you can gain weight while eating so-called good carbs.

So choose the foods you actually enjoy.



GastroDoxs
defenders of the digestive system