

Carbohydrates

Choosing Quality Over Quantity

Simple Carbs/Sugar



- Very simple structure.
- Digested into the bloodstream in seconds.
- Provides quick release energy.
- Can cause sugar "highs" followed by "crashes."
- Can be harmful to teeth.
- Can lead to diabetes.

Complex Carbs/Wholegrains

- Complex chains of simple sugars linked together.
- Digested into the bloodstream in minutes/hours.
- Provides slow release energy.
- Usually includes other nutrients such as vitamins and minerals.
- Helps you feel fuller for longer.



Fibre/Roughage



- Very complex tangle of sugars linked and branched together.
- Isn't digested, but passes slowly through the body.
- Essentially calorie-free.
- Helps you feel much fuller for much longer.
- Reduces risks of conditions such as diabetes.



GastroDoxs
defenders of the digestive system

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The Better Way...

- Choose less simple sugars and more complex carbs and fiber.
- Choose wholegrain versions of foods over processed white kinds.
- Choose more colorful veggies in every meal.
- Save the simple sugars for occasional treats at special occasions.

**Choose quality, not
quantity.**



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