

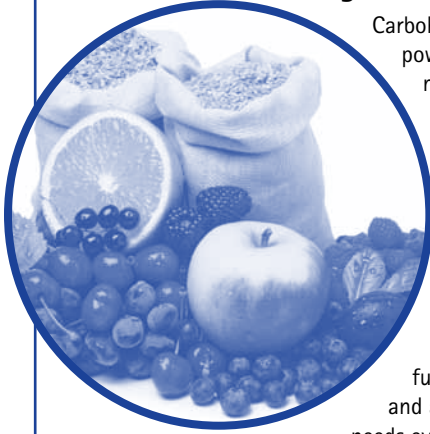
Counting on Carbs:

Fuel for your body and mind



High carb, low carb, too many carbs – what does it all mean?

Carbohydrates or "carbs" are energy powerhouses for your body and mind. They are your body's best and most efficient source of fuel. Foods high in carbohydrates supply energy to working muscles. Some carbohydrate foods, like whole-grain breads and cereals, fruits and vegetables, and legumes (peas, beans, lentils) are full of the vitamins, minerals and antioxidants that your body needs every day.



There are different types of carbohydrates: starches, fibre and sugars. Choose carbs that are higher in starches and fibre, and try avoiding food products with lots of sugars. Foods higher in starches and fibre will provide you with longer-lasting energy throughout the day and help maintain your body's blood sugar levels, resulting in less hunger, dizziness, headaches and shakiness. If you are in the mood for something sweet, choose fruit as it has naturally occurring sugars and is packed with nutrients and fibre. The fibre in fruit slows down the absorption of the fruit sugar.

Starches

- Provide long-lasting energy, as the body takes time to break starches down into fuel for muscles.

Found in: whole-grain breads and cereals, rice, pasta, beans, peas, lentils and vegetables.

Fibre

- Helps control blood sugar and blood cholesterol levels.
- Prevents constipation.
- High-fibre foods can make you feel full faster and stay satisfied longer.

Found in: Whole grains and cereals, beans, peas, lentils, fruits and vegetables.

Sugars

- Provide quick but short-lasting energy.
- Are added to many food products. You'll see them listed in ingredients as sugar, brown sugar, honey, corn syrup and anything that ends in "ose" like glucose, sucrose, lactose and fructose.

Found in: pop, candy, jam, jelly, fruit drinks, donuts, chocolate and cake.

Rosemary Szabadka, RD, Community Nutritionist Winnipeg Regional Health Authority

Breakfast Cereals – Which One is Best for Your Family?

Compare these two cereal labels to see how you can make the best choice for your family

Cereal A

Nutrition Facts

Serving Size 2/3 cup (30g)

Calories 110 kcal

Carbohydrate 25g

Fibre 5g

Sugar 4g

Cereal B

Nutrition Facts

Serving Size 1 cup (30g)

Calories 120 kcal

Carbohydrate 26g

Fibre 1g

Sugar 12g

- The nutrition facts shown here are based on a serving of 30 grams of dry cereal without milk. When comparing cereals, always look at the gram weight of a serving size instead of the cup measure as the cup measure can vary.
- Both serving sizes are 30 grams even though Cereal A is 2/3 of a cup. This means Cereal A has smaller pieces packed more closely together than Cereal B, which has larger flakes.
- Calories show how much food energy this cereal provides.
- The amount of carbs you need depends on the amount of calories you eat. About half the calories you eat each day should come from carbs.
- Choosing a cereal high in fibre is one way to get the 25 to 35 grams of fibre your body needs daily. Aim for a cereal with 4 to 8 grams of fibre per serving.
- Cereal B has three times more sugar than Cereal A. Choose cereals lower in sugar.

**Cereal A is the better choice.
It has less sugar and more fibre;
and will provide your family
with longer-lasting energy!**



Lentils Bolognese

Preparation time: 10 minutes / Cooking time: 70 minutes

1 cup	brown or red lentils	250 mL
2 cups	water	500 mL
1	bay leaf	1
2 tbsp	olive oil	25 mL
2	cloves garlic, crushed	2
1	onion, diced	1
1 cup	sliced mushrooms	250 mL
1 cup	chopped canned tomatoes	250 mL
1	can (5½ oz / 156 mL) tomato paste	1
1	apple, diced	1
½ cup	cider vinegar	125 mL
1 tsp	dried oregano	5 mL
	juice of 1 lemon	

1. In a medium saucepan, bring lentils, water and bay leaf to a boil over high heat. Reduce heat to medium and cook for about 20 minutes or until lentils are soft. Drain and rinse and discard bay leaf. Set aside.
2. In a large saucepan, heat oil over medium heat. Sauté garlic, onion and mushrooms until softened; about 5 minutes. Add cooked lentils, tomatoes, tomato paste, apple, vinegar, oregano and lemon juice; bring to a boil. Reduce heat, cover and simmer for 45 minutes. Makes 8 servings.

Serving Idea

Serve on top of whole-wheat spaghetti and sprinkle with freshly grated Parmesan cheese.



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