

# SAYING YES TO GRAINS



How To Incorporate Carbohydrates Into A  
Healthy Diet

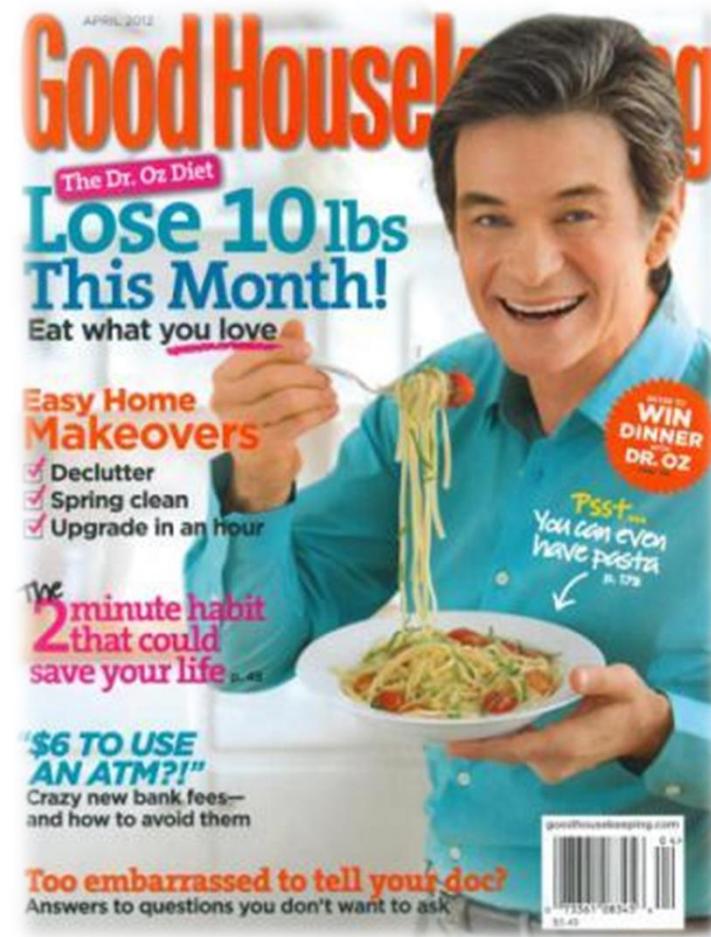


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# But Dr. Oz said...

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[http://abc.go.com/shows/the-view/video/PL554876/m\\_VDKA0\\_la\\_h62o90](http://abc.go.com/shows/the-view/video/PL554876/m_VDKA0_la_h62o90)



# Objectives

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After this presentation you will...

1. Be able to identify three components of carbohydrates
2. Understand the roles of carbohydrates in the body
3. Be able to identify the two types of carbohydrates and fiber

# Objectives

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After this presentation you will...

4. Determine consequences of following a low carbohydrate diet
5. Be able to identify different types of grains and understand the benefits
6. Be able to determine proper portioning guidelines of grains

# Carbohydrates: What are they?

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## ❑ Starch

- Contained in grains, beans, and starchy vegetables

## ❑ Sugar

- Naturally occurring in fruit and milk, and includes “added sugar” in products

## ❑ Fiber

- Found in fruits, vegetables, whole grains, nuts, and legumes.



# Carbohydrates: What do they do?

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- Main energy source for the body
- Fuel the brain
- Contain essential vitamins and nutrients
- Help control weight
- Improved digestion
- Promote satiety and fullness



# Simple vs. Complex Carbohydrates

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## *Simple Carbohydrates*

- Made of one or two sugar molecules
  - Single: Fructose in fruit
  - Double: Lactose in dairy
- Quickest source of energy
- Absorb rapidly when digested

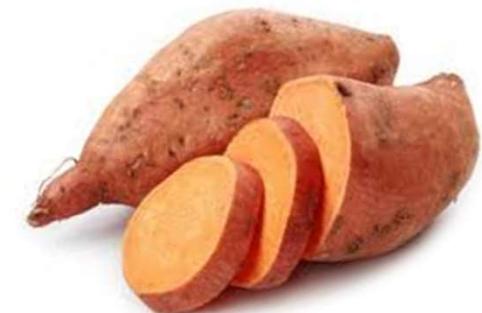


# Simple vs. Complex Carbohydrates

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## *Complex Carbohydrates*

- Composed of chains of monosaccharides
  - Polysaccharides or Starchy foods
- Take longer to digest
- Fueling sources to build glycogen stores
- Provides soluble and insoluble fibers



# Soluble Fiber

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- Dissolves in water and forms a gel
- Slows down digestive time
- Helps lower glucose levels
- Helps lower blood cholesterol “LDL”
- Creates satiety or fullness

# Insoluble Fiber

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- Found in whole grains and vegetables
- Gut healthy fiber
- Does not dissolve in water
- Promotes regularity
- Helps to prevent constipation



# Low Carbohydrate Consequences

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- Dizziness
- Headaches
- Fatigue
- Weakness
- Bad Breath
- Nutrient Deficiencies
- Constipation
- Ketosis



# Grain Myths

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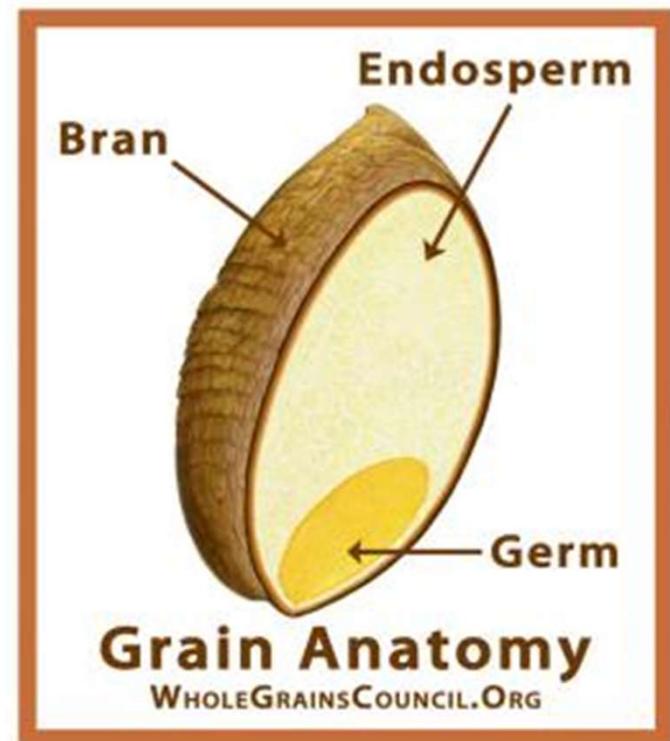
- “They make you gain weight”
- “They slow down your metabolism”
- “They make your insulin spike too high”
- “Eating too much sugar causes diabetes”
- “Grains with gluten should be avoided and/or are bad for your health”



# Whole Grains vs. Refined Grains

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- “100% of the original kernel – all of the bran, germ, and endosperm – must be present to qualify as a whole grain”



# Whole Grains vs. Refined Grains

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- Refined grains are milled
- Nutrients are removed
- Most refined grains are enriched
  - Examples
    - Enriched Pasta
    - Crackers
    - Cereals
    - Baked Goods



# Everyday Grains

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## ❑ Contains both Whole & Refined Grains

- Breakfast Cereals
- Oatmeal
- Pasta
- Bread
- Rice
- Popcorn
- Barley
- Quinoa



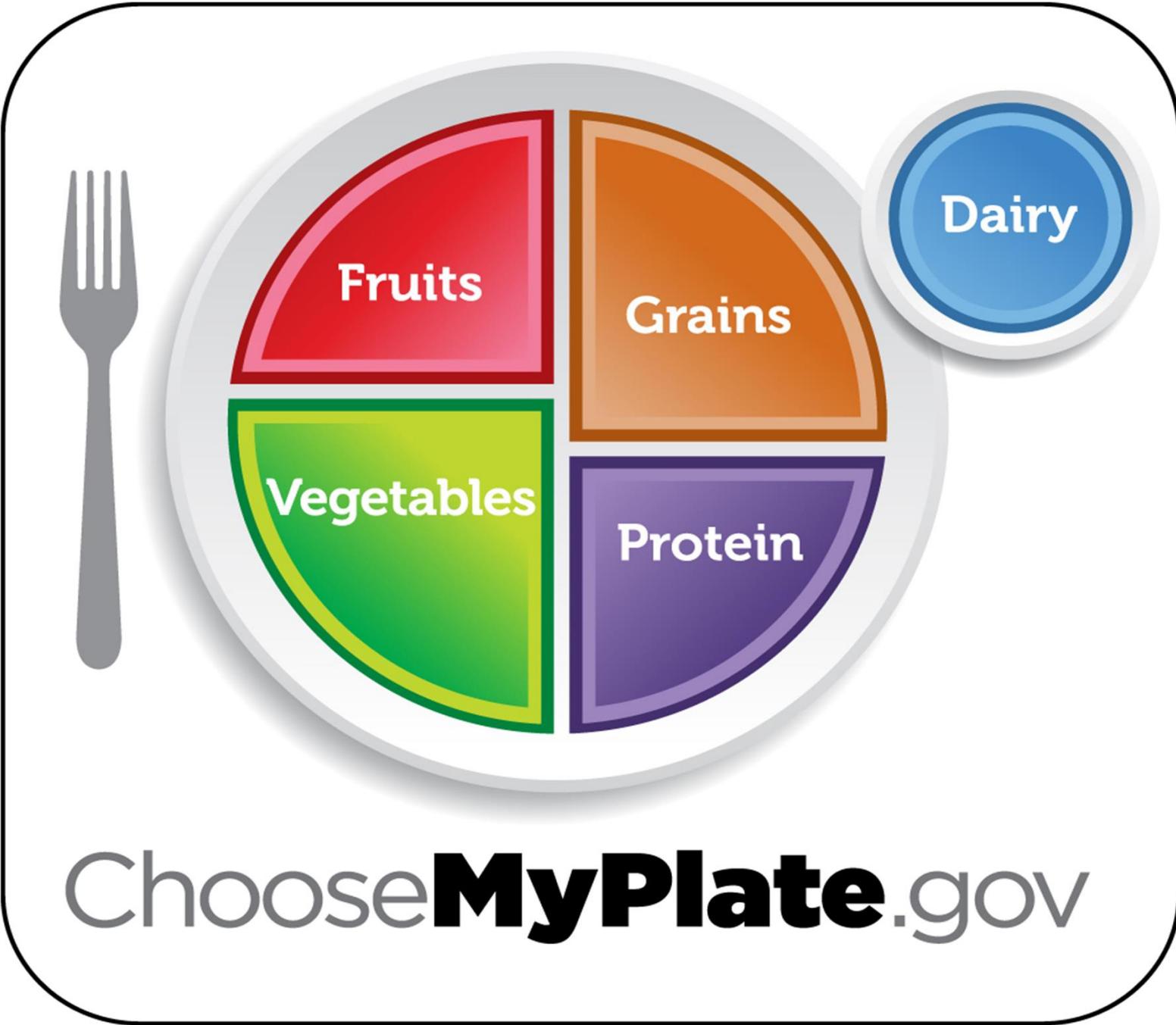
# Proper Portioning of Grains

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## □ Standard Portioning of Grains

- Cereal: 1 cup
- Rice:  $\frac{1}{2}$  cup
- Dinner roll: 3 oz.
- Cooked Pasta:  $\frac{1}{2}$  cup
- Oatmeal:  $\frac{1}{2}$  cup cooked
- Bread: 1 slice





Thank you for  
coming!

