

Carbohydrates: The Good, The Bad, The Difference

Good

- Plant Based
- Complex
- High in Fiber
- Stimulates Digestion
- Sense of "Being Full"
- Stimulates Serotonin: "Feel Good" brain chemical
- Staying Power
- Fruits, Vegetables, Whole Grains



Bad

- Simple
- High in Sugar
- Spikes Glucose/Blood Sugar Levels
- Quick "High", then "Crash"
- Key words: Fructose, Sucrose, Lactose

