



# Get to Know: Carbohydrates

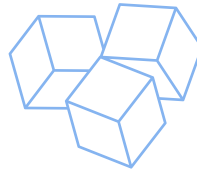


Ronald McDonald House Charities®  
Greater Western Sydney

Carbohydrate, Protein & Fat make up the 3 main nutrients that provide energy in our food & drinks. Lets Get to know: Carbohydrates

**Carbohydrates** in its simplest form, are sugar molecules

We break them down into **glucose** - which fuels our cells. It's then converted to energy & burned by our bodies



Carbohydrates are the body's most **available & easiest** source of energy



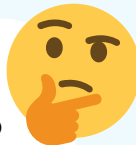
Carbohydrates are **essential to a healthy diet**

Supplying energy for all bodily functions, daily tasks & exercise.



Plant sources incl. Wholegrain breads, pasta, beans, fruit & vegetables are all Carbohydrate rich

...But aren't carbs **bad?**"



when were Eating too much & too regularly processed or refined sugar rich foods - this can be bad for our health.

(incl. sweets, chocolate, pastries, soft drinks, breakfast cereals & spreads)

How is **fibre** related?

Fibre is found in many of the whole or unprocessed carbohydrate rich foods (such as ones pictured above)

. Fibre is very beneficial to digestive health



3 ways to make Carbohydrates part of your **healthy diet**



### Limit Refined Carbohydrates:

These processed carbohydrates often have empty calories & won't keep you full for long



### Choose Complex Carbohydrate:

Loaded with vitamins & minerals, these carbohydrates will keep you fuelled for much longer!



### 3) Enjoy Variety!

Choosing different wholegrain sources of carbohydrates provides a many nutrients and promotes health!