

Pilates
Health
CONNEXION



News from Pilates Health Connexion

August 19, 2010

Dear Anna,

Today I am wearing my hat as a **registered dietitian** again making sense of media news on nutrition and translating them into daily guidelines you can use. Once a month I will address a different topic which you can [request](#).

Who can "make sense" of the carb debate nowadays? Are there really good and bad carbs and what does it mean? I would like to hear from you, so please let me know by adding your comment to our [FACEBOOK](#) page in the comment section on "good and bad carbs".

In my opinion there are **bad, good and "medium good" carbs** let me explain.

The best foods for **good** carbohydrates are your **whole grain products**. Be careful not to trust the front of a package but to read the first ingredient which should say "whole" such as "**whole wheat flour**".

What I consider "**medium good**" carbohydrate sources are products made of white flour which is called "**enriched wheat flour**" on the label. Medium good carbs are lacking a lot of the nutrients of the whole grain, but give you complex carbs which digest slowly.

The **bad carbs** are the processed products using white flour and adding sugar and fat such as muffins, cake, cookies, toaster strudels, donuts, danish, twinkies, and so on. In reality they are bad because of the added sugar and fat, not so much because of the white flour.

Carbohydrates are very important! They are our body's main energy source and 60% of our daily total calories should come from carbohydrates.

This is an example how to integrate whole grain carbohydrates into your diet throughout the day.

 Breakfast	 Lunch	 Snack	 Dinner
Cereal made with whole grain	Sandwich made with whole wheat bread	Popcorn	Brown rice with stir-fried vegetables
Whole wheat toast with jam	Whole grain pita stuffed with your favorite fixings	Oatmeal cookie	Whole grain pasta topped with sauce
Oatmeal	Hamburger on a whole grain bun	Whole grain granola bar	Wild rice
Whole grain pancakes or waffles	Soup with barley or brown rice	Stir cereal made with whole grain into yogurt	Whole grain dinner roll

For further reading on carbohydrates visit our [BLOG](#) or give me a call to schedule a personalized consultation.

Looking forward to hearing from you,

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