

Carbohydrates

Carbohydrates, are they friend or foe?

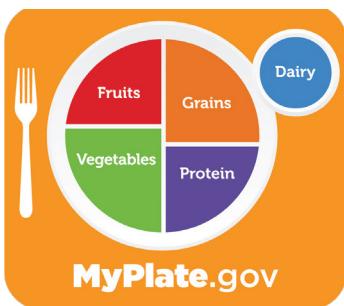
Carbohydrates are our friend. After all, they are our body's preferred source of energy and provide important nutrients.

Choose whole fruits and vegetables and whole-grain products for the most energy and nutrients. Look for 100% whole grain on the label.



Whole-grain carbohydrates and whole fruits and vegetables provide more fiber to help with digestion, cholesterol and maintaining blood sugar levels.

**Energize your body with a variety of healthy carbohydrates!
Make half of your grains whole grains.**



Eating a variety of foods from each food group on **MyPlate** will help ensure we are getting the energy and nutrients our bodies need.



Did you know?

Although milk is a separate category on MyPlate, milk also provides carbohydrates.

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