

CARBOHYDRATES/SUGARS

carbohydrates = sugars in foods

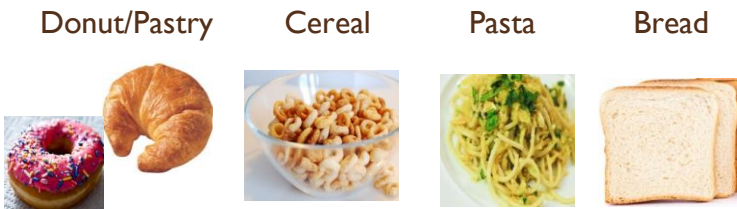
Your body turns carbohydrates into sugar. Your body needs sugar to work.

↑ carbohydrates → ↑ blood sugar

↓ carbohydrates → ↓ blood sugar → will help keep blood sugar at a healthy level

Goal: Eat less carbohydrates at each meal

Example of foods with carbs/sugar



Example of foods without carbs/sugar

