

NOT ALL CARBOHYDRATES ARE BAD, BUT KNOW WHICH ONES ARE!

KNOWING THE DIFFERENCE WILL MAKE YOU WILL FEEL AND LOOK BETTER

GOOD VS. BAD CARBOHYDRATES

BAD → **Simple Carbohydrates** – sugars, syrups, white bread/flour, and **refined grains**. Contain close to zero nutrients

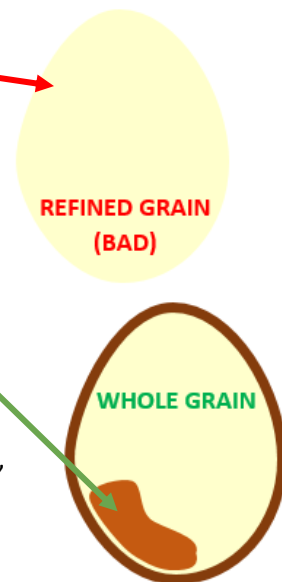
- 🌾 Linked to obesity, heart disease, and type 2 diabetes
- 🌾 They are digested quickly and cause a quick spike in blood sugars
- 🌾 This is what people refer to as “empty calories”

GOOD → **Complex Carbohydrates** – peas, beans, **whole grains**, and green vegetables. Contain large amounts of vitamins, minerals, and fiber. Bad carbohydrates lack these

- 🌾 Most of your daily carb intake should come from complex carbohydrates
- 🌾 These give you a longer duration of energy throughout the day, and won't give you a sugar crash!

Why is **WHOLE GRAIN** healthier than **REGULAR (REFINED) GRAIN**?

- 🌾 **Refined grains are stripped of their healthy components, and only contain small amounts of protein and vitamins**
 - 🌾 Pop-tarts, white rice, cookies, cakes, and muffins
 - 🌾 Your body receives more harm than benefit when consuming these
- 🌾 **Whole grains contain complex carbohydrates, and extra nutrition**
 - 🌾 **Outside layer** → This is called bran. It is filled with fiber, essential B-vitamins, and minerals that give a longer duration of energy
 - 🌾 **Inside section** → This is called the germ (seed). It is filled with B-vitamins, vitamin E, healthy fats, and miracle molecules called **phytochemicals**. They protect from cancer, fight bacteria, increase bone health, protect your DNA, and help prevent disease from entering your body!



FOODS WITH GOOD CARBOHYDRATES:	
ALL VEGETABLES	OATMEAL
BANANAS	CHICKPEAS
MANGOS	BLACK BEANS
QUINOA	WHOLE WHEAT PASTA
GREEN PEAS	BROWN RICE
BLUEBERRIES	RASPBERRIES

FOODS WITH BAD CARBOHYDRATES	
PANCAKES	SOFT PRETZELS
WHITE BREAD	ICE-CREAM
SWEETENED CANNED FRUITS	POTATO CHIPS/CORN CHIPS
MOST CEREALS	CITRUS FRUITS
PINEAPPLE	FIGS
CHERRIES	

PAY ATTENTION TO THE CEREAL YOU ARE EATING!

🌾 Lots of cereals made the transition to whole grains, but many still have mostly bad carbohydrates. Some items on the list may be surprising. Make sure you look at the sugar content, but this will not always be the explanation! The healthy choices contain higher amounts of complex carbohydrates that will give you longer lasting energy.

THERE IS NO BETTER TIME THAN NOW

WHAT CEREALS SHOULD YOU EAT?	
Healthy Choices	AVOID
Cheerios	Corn Flakes
Granola	Frosted Flakes
Raisin Bran	Rice Krispies
Shredded Wheat	Special K
Total	Apple-jacks
Kashi	Corn Chex
Magic Spoon	Fruit Loops
Breakfast Quinoa	Honey Bunches of Oats

Complex carbohydrates will provide a more rewarding experienced throughout the day, with less fatigue! Simple carbohydrates and sugars cannot provide this, and will have you feeling worse than before eating. Sugars and simple carbohydrates can be addictive and

difficult to cut out of your diet, but multiple studies have proven limiting these chemicals will increase your chances of living a longer and healthier life.

Just because sweeteners are “natural”...

It doesn't mean they are low in carbohydrates.

A lot of products advertise themselves as “natural sweeteners.” This can be a misleading term, because lots of sweeteners extracted from natural fruits can still contain unhealthy amounts simple carbohydrates/sugar. This table describes which sweeteners have the biggest effect on people's blood sugar after consumption. A number of 0 means there is minimal effect after consumption, while a number of 100 indicates a massive blood sugar spike. This information is easily accessible at www.dietdoctor.com, which provides endless resources on how to manage your carbohydrate intake, and what foods to be aware of.

LESS BAD		BAD	
Sweetener	Effect on Blood Sugars	Sweetener	Effect on Blood Sugars
Stevia Drops	0	White Sugar	100
Truvia	0	Brown Sugar	100
Monk Fruit Extract	0	Maple Syrup	100
Regular Diet Sodas	0	Coconut Sugar	100
Stevia in the Raw	11	Fruit Juice Concentrate	100+
Splenda	11	High Fructose Corn Syrup (Regular Sodas)	100+
Equal	11	Honey	100+
Sweet n' Low	11	Dates	100
Xylitol	15	Agave Syrup	100+

Lose up to 30 lbs. or more in just one month!

Bremo Pharmacy is now contracted with **Ideal Protein**, a weight loss program that re-trains your body to burn fat cells as its main energy source. Each person enrolled in the program is assigned to a weight loss coach employed by the pharmacy. The program works by coaching enrollees to have a restricted carbohydrate intake. People enrolled in the program report having increased energy, confidence, and improved self-image. Call the pharmacy today or visit bremorx.com, and click *services* → *health and wellness* → *weight loss* for more information!

