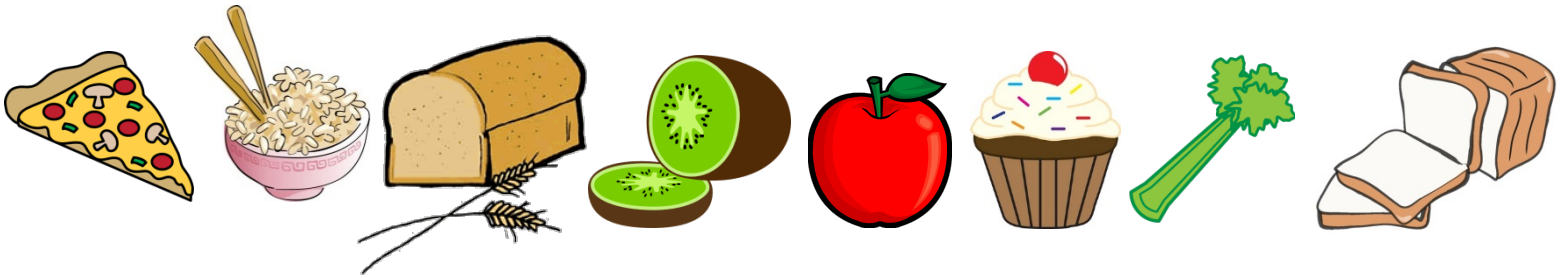


Carbohydrates and Fats

Carbohydrates and good fats are fuel to give you energy through the day.

- **Good carbohydrates** digest slowly in the body, are high in fiber, and keep you fuller longer. Some of these foods include fruits, vegetables, whole wheat bread, brown rice, whole grain pasta, and oats.
- **Bad carbohydrates** digest much faster in the body, so you don't have as much energy when eating them. You'll get hungrier much faster and they have added sugars. Some of these foods include white bread, fast food, white rice, cookies, pastries, and white pasta.
- **Good fats**, or **unsaturated fats**, help improve your cholesterol and contribute to brain health. Some of these foods include nuts, avocados, olive oil, eggs, and fish.
- **Bad fats**, including **trans fats and saturated fats**, raise your cholesterol and can cause heart problems in the future. Some of these foods include fast food, ice cream, cupcakes, sugar and other processed 'empty foods'.

Circle what foods are good carbohydrates:



Circle what foods are bad fats:



Go through your cabinets and refrigerator. Try and find 5 of each category:

Good Carbohydrates	Bad Carbohydrates	Good Fats	Bad Fats

Did you find more good or bad fats in your house? _____

Did you find more good or bad carbohydrates in your house? _____