

POWER UP WITH CARBS

Which sources of carbohydrates best support your wellbeing?

Carbohydrate-rich foods fuel your body for physical activity, improve endurance, and contribute to long-term health and vitality. Carbohydrates provide energy to your muscles and brain. They have gotten a bad rep, but your body needs them. Fiber fills you up and may reduce your risks for heart problems and type 2 diabetes.



Sources of carbs that are also high in fiber:

- **GRAINS**- Whole grains like brown rice, whole wheat, oats, quinoa, and bulgur
- **FRUITS**- Apple, orange, banana, berries, apricot, mango, peach and pear
- **VEGETABLES**- Potato, sweet potato, parsnips, squashes like butternut & acorn, corn, beets, carrots and Brussel sprouts
- **LEGUMES**- Lentils, peas, and beans (kidney, garbanzo, black, red and pinto)

Fruits and vegetables- How much is enough?

According to Harvard Medical School, “People who eat five servings of fruit and vegetables per day (two fruit servings and three vegetable servings) have

- **A 13% lower risk of death from any cause**
- **A 12% lower risk of death from heart disease or stroke**
- **A 10% lower risk of death from cancer**
- **A 35% lower risk of death from respiratory disease, such as chronic obstructive pulmonary disease.”**

Eat a variety of colorful fruits and vegetables to get all the vitamins, minerals and nutrients you need.

SOURCE:

Personify Health Journey: “Eat for Energy”

Harvard Medical School- [How many fruits and vegetables do we really need?](#)

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