



### WHAT'S THE DIFFERENCE BETWEEN GOOD CARBS AND BAD CARBS?

Seattle Sutton's Healthy Eating takes pride in following the guidelines set forth by national health organizations including the:

- **American Heart Association**
- **American Diabetes Association**
- **Dietary Guidelines for Americans**

Our healthy and convenient **Dietitian-Designed Meal Plans** focus on providing you with what your body needs, including **healthy carbohydrates** to meet your nutrition needs as recommended by these respected organizations.



#### EMPHASIZING HEALTH-PROMOTING **GOOD CARBS**

Carbohydrate foods have a place in a healthy diet. They provide our bodies with energy, fiber, vitamins and minerals. The guidelines recommend making 45-65% of your daily calories from carbohydrates with a focus on natural, nutrient-dense sources such as fruits, vegetables, beans and legumes, and whole grains. Focusing on these good carbs supports heart health by providing health-promoting fiber and high amounts of vitamins and minerals.

#### LIMITING AND MAKING HEALTHY SWAPS FOR **BAD CARBS**

We are advised to limit the consumption of so-called bad carbs, also known as simple sugars, such as those found in sodas, syrups, candy, and cakes. At Seattle Sutton's Healthy Eating we believe in moderation and swapping out ingredients for better-for-you items. While we do include some desserts in our meal plans, we limit the portion size and frequency of these additions.

##### GOOD CARBS HELPS WITH:

- Reaching and maintaining a healthy weight
- Reducing risk for disease
- Improving cholesterol levels
- Improving digestion
- Fueling exercise and preserving muscle

##### BAD CARBS CONTRIBUTE TO:

- Insulin resistance and type 2 diabetes
- Weight gain and obesity
- Cardiovascular disease
- Non-alcoholic fatty liver disease (NAFLD)
- Increased inflammation and oxidative stress
- Poor gut health



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