

The Story of Carbohydrates

Carbohydrates are the body's preferred fuel and should make up at least half of your daily calories. In addition, carbohydrates such as whole grains, vegetables and beans provide a wide variety of nutrients and plenty of fiber to help you feel full when you eat.

Simple carbohydrates like candy, soda and other sweets provide few essential nutrients and are high in calories.

The key to healthy eating, weight control and enjoyment is to consume a variety of complex carbohydrates along with a moderate amount of protein and fat.