



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 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 provides heart health benefits, health-promoting fiber, and high amounts of vitamins and minerals.

LIMITING AND MAKING HEALTHY SWAPS FOR BAD CARBS

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

MORE GOOD CARBS HAS BEEN PROVEN TO HELP:

- Reach and maintain a healthy weight
- Reduce risk for disease
- Improve cholesterol levels
- Improve digestion
- Fuel exercise and preserve muscle

HOW WE SWAP THE BAD WITH THE GOOD

We swap whole grain flour, flax seeds, or fresh fruits for refined grains, added sugars, or fat. We also discourage calorie and sugar-laden beverages while on our meal plans.