


Importance of Carbs




CARBOHYDRATES ARE ESSENTIAL FOR GOOD HEALTH


Carbs are vital at every stage of life from serving as an important energy source to helping improve the taste of nutrition products.




Experts recommend that carbohydrates provide 45-60% of total daily calories.



They provide the main source of energy used by the brain, heart, red blood cells and muscles.




Carbs also support healthy digestion.




THERE ARE THREE KINDS OF CARBS

SUGARS	STARCHES	FIBER
Easily digested to provide energy		Minimally digested; supports digestive health and helps with cholesterol and blood glucose management




CHOOSING QUALITY CARBS AND NUTRIENT-DENSE FOODS IS IMPORTANT

Carbohydrates can – and should – be included in a healthy, balanced diet.




Pick carbs that are rich in nutrients and higher in fiber, like whole fruit and whole grains (brown rice or oatmeal) instead of sweetened juices and refined grains (white rice or white bread).




Select nutrient-dense foods – those with an abundance of nutrients without an excess of calories. Nutrition drinks are nutrient-dense and easy to digest.

CARBS IN NUTRITION SUPPLEMENTS


Adults and children with poor nutrition or seeking extra nutrition can benefit from oral nutrition supplements, like nutrition drinks. These specially-formulated products can supplement a diet or provide total nutrition.



Carbs – including sugars – are an important source of energy in nutrition drinks and help make the products taste good so they are easy to drink.



Ingredients in nutrition drinks are carefully chosen to ensure the products provide quality nutrition.



LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!

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