

Safety & Wellness on the GO! READ TOPIC

Via Paycom by: **03/15/25** TOPIC#: 11

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.



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.



support healthy



Easily digested to

Minimally digested; supports digestive health and helps with cholesterol and blood glucose







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

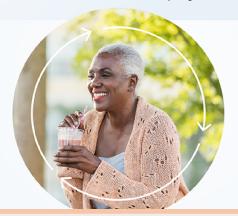
Adults and children with poor nutrition or seeking extra nutrition can benefit from oral nutrition supplements, like nutrition drinks. These speciallyformulated products can supplement a diet or provide total nutrition.



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!



Contact Ulliance-they're here to help! Call 800.448.8326 or click LifeAdvisorEAP.com. This confidential service is FREE for Fabiano Brothers employees and their families.

