



Good Carbs vs. Bad Carbs

Everyone needs carbohydrates, but that doesn't mean you're free to load up on cakes and cookies to get your recommended daily servings. Carbohydrates are an essential part of a healthy diet, yet it's important to know that not all are created equal. So, how do you tell the difference between "good carbs" and "bad carbs?" The answer is both simple — and complex.

The three main types of carbohydrates are sugars, starches, and fiber.

Foods with complex carbohydrates typically have more vitamins, fiber, and minerals than foods containing more simple carbohydrates, such as cakes, cookies or candy.



GOOD CARBS		BAD CARBS	
COMPLEX CARBS	FOOD EXAMPLES	SIMPLE CARBS	FOOD EXAMPLES
<ul style="list-style-type: none"> • High in fiber • Metabolism booster • Feel fuller longer 	<ul style="list-style-type: none"> • Whole grain bread • Brown rice • Quinoa • Beans • Nuts/Seeds • Oatmeals • Fruits • Sweet potato • Vegetables 	<ul style="list-style-type: none"> • Low in fiber/nutrients • Empty calories turn to fat • Feeling tired or sluggish 	<ul style="list-style-type: none"> • White bread • Sugar, brown/white • Fruit juices • White rice • Muffins • Candy • Cookies • Pretzels/Chips • Sugary Cereals

Developed by Grace Siggers, SNAP-Ed Nutrition Educator | Reference: clevelandclinic.org; <https://thewordsearch.com/puzzle/2085/carbohydrates>

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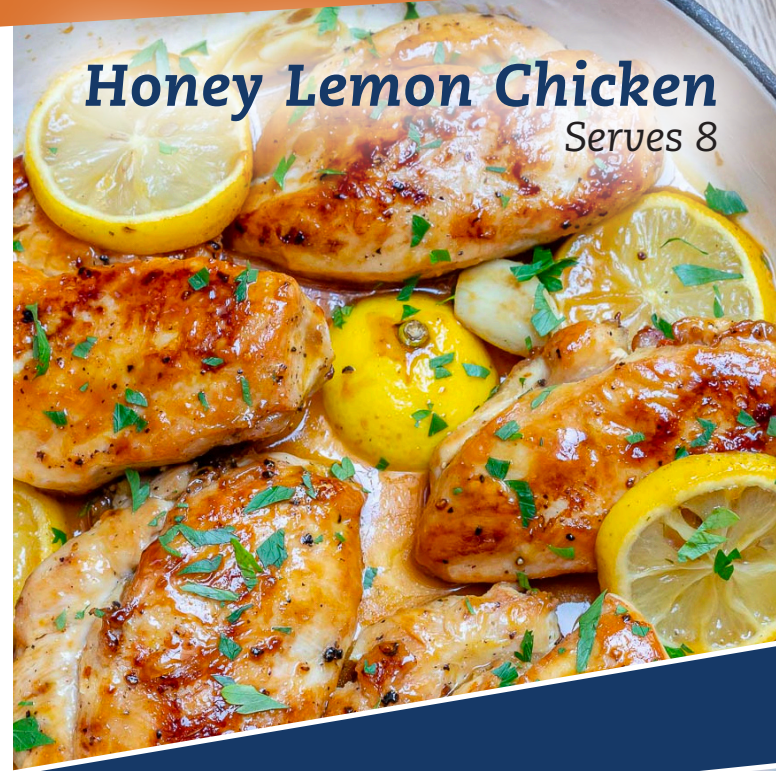
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INGREDIENTS

- 1 tablespoon vegetable oil
- 4 pounds chicken cut into 8 pieces
- ½ cup flour all-purpose
- 1 teaspoon salt
- ¼ cup honey
- ¼ cup lemon juice

INSTRUCTIONS

1. Preheat oven to 375°F. Line a baking pan with foil for easy clean up. Lightly oil the foil.
2. Combine flour and salt in a plastic bag. Shake chicken pieces in flour mixture, remove from bag and place on prepared pan.
3. Bake for 45 minutes.
4. Combine honey and lemon. Spoon mixture over chicken to glaze chicken pieces. Bake another 15 minutes.



Honey Lemon Chicken

Serves 8

Word Search!



B	R	E	A	D	A	L	R	I	C	E	P	R	T
S	C	U	P	C	O	U	S	C	O	U	S	E	M
B	W	E	E	T	B	I	X	R	A	A	C	W	U
N	U	N	O	B	E	P	S	C	D	A	E	S	E
G	E	C	S	C	A	S	T	L	T	N	R	E	S
R	Y	E	K	B	U	E	A	A	I	O	E	S	L
A	R	A	S	W	L	K	O	L	U	O	A	A	I
I	B	T	B	E	H	E	Y	I	R	D	L	C	A
N	A	H	E	T	M	E	P	T	F	L	A	R	T
S	R	S	T	D	O	O	A	A	N	E	U	U	N
H	L	P	E	I	A	E	L	T	S	S	U	M	E
O	E	E	I	O	E	R	S	I	O	T	L	P	L
U	Y	L	L	N	R	O	C	R	N	C	A	E	O
P	E	T	E	Q	U	I	N	O	A	A	O	T	P

- POLENTA
- CEREAL
- SEMOLINA
- CRUMPET
- BARLEY
- MUESLI
- COUSCOUS
- BUCKWHEAT
- NOODLES
- QUINOA
- GRAINS
- RICE
- FRUIT
- PASTA
- WEETBIX
- RYE
- SPELT
- OATS
- CORN
- BREAD



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