

Carbohydrates

Don't worry about sugar, think carbohydrate and what type.

130gms carbohydrates per day

45gm carbohydrate per meal

15gms of carbohydrates = 1 serving

This means 3 servings per meal or 2 servings per meal and 1 serving per snack.

Low glyemic carbohydrates are best. See chart.

Low glyemic carbs have more fiber and slow the rate of absorption.

Think whole wheat bread with wood chips.

Apples vs Apple Juice

Fruit vs candy