

# The Benefits of Carbohydrates

## What are carbohydrates?

Carbohydrates are starches, fruits, dairy, and sweets. They raise your blood sugar, offering energy for the body. Non-starchy vegetables are carbohydrates, but they contain mostly water with very few carbohydrates per serving.

## Portion of Carbohydrates

**Starches:** Choose any 3-5 servings of starches in meals, based on your gender, age, activity level, and physical size.

## Tips to Maximize Your Nutrient Intake

- At least 3 servings of vegetables per day
- At least 2 servings of fruit per day
- Add sliced fruit or vegetable such as oranges or cucumbers to increase fluid intake
- Include **calcium rich** foods: cow milk or nut/bean based milk, yogurt, collard greens, seaweed, and sesame drinks or food

## One Serving of Carbohydrate (15g of Carbohydrate)



## Portion Size



## Example of Carbohydrates in 1 Serving

Starches	Dairy	Fruits	Sweets
1/3 cup of rice, noodles or pasta	1 cup of milk (whole or low-fat) or soy milk	1 small pear, orange or apple as big as a baseball	1 tablespoon of honey or jam (about the size of a thumb)
1/2 cup of corn, cooked oatmeal, yam, potatoes or beans	2/3 cup of plain yogurt	1 - 1/4 cup of strawberries or watermelons	1/2 cup of ice cream or gelatin



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