

HEALTHY EATING

Upcoming Events:

November 30, 2011
Options for Control
1:30 p.m. to 4:00 p.m.
Center, Nebraska
No Cost

Do You Know Your Carbs

Carbohydrates are necessary for good health, even in people with diabetes. They are a preferred source of fuel for many important organs in the body. While there are many foods that contain carbohydrates, including cookies, bread, fruit, and vegetables, not all carbohydrate-containing foods are a healthy choice when putting together meals. Choose whole grain foods, fruits, vegetables and dairy to provide most of the carbohydrates your body needs. Indulge in small portions of sweets like cake, cookies, and pie on special occasions rather than at every meal. This will not only help you maintain better blood sugar control and help prevent other health conditions, it will also help you have more energy through the day.

Answer the following questions to test your knowledge on which foods have more carbs.

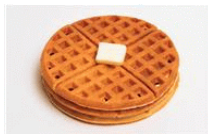
(Disclaimer on carb amounts with these questions: The carbohydrate amounts shown in the questions were gathered from packaged food labels and USDA nutrition information data. Average levels were used when multiple levels existed.)

1. Which has more carbohydrates:
½ cup fruit-flavored low-fat yogurt
or **½ cup regular vanilla ice cream**

At 26 g of carbs, low-fat yogurt has more carbs than ice cream, which has 18 g of carbs per ½ cup serving.



2. Which of the following contains the most carbohydrates:
2 ½ inch bran muffin or **1 tablespoon honey** or **1 7-inch regular waffle**



At 27 g of carbs the bran muffin has more carbohydrates than both the honey (17 g carbs) and the waffle (20 g carbs).

3. Which dessert is lowest in carbs?
½ cup low-fat vanilla ice cream or **½ cup sherbert** or **8-ounce vanilla milkshake**

The correct answer is ½ cup low-fat vanilla ice cream.

4. One piece of angel food cake (1/12th of a 10-inch cake) has fewer carbohydrates than 3 cups low-fat microwave popped popcorn.

True or False

The angel food cake has 31 g carbs while the popcorn has just 16 g



5. Which has more carbohydrates:
½ cup low-fat granola cereal with raisins or **2 2-1/2 inch regular chocolate chip cookies**



Surprise! The low-fat granola cereal (32 g carbs) has more carbs than the cookies (23 g carbs).

6. Which has more carbohydrates:
1 ounce whole wheat pita chips or **1 ounce baked tortilla chips**

With 24 g carbs, the tortilla chips have more carbs than the pita chips with 17 g carbs.

7. ½ cup cooked instant baked apple oatmeal has more carbohydrates than 1 ounce dark chocolate.
True or False

The baked apple oatmeal has more carbs than the dark chocolate.

8. ½ cup cooked shelled edamame (soybeans)

and ½ cup cooked black beans contain a very similar amount of carbohydrates (within 2 to 3 grams)
True or False

Edamame (soybeans) have just 9 g carbs per serving as opposed to the 20 g carbs in a serving of black beans.

9. Which has more carbohydrates:
2 cups fat-free white milk or 2 cups fat-free chocolate milk

At 52 g carbs, the chocolate milk has more than twice the carbohydrates of white milk with 24 g carbs.



10. Which of the following contains the most carbohydrates:
½ cup cooked green peas (not sugar snap or snow pea pods) or ½ cup cooked rotini pasta or 6 whole grain crackers



The rotini pasta has the most carbohydrates.

11. A 4-inch glazed donut has fewer carbohydrates than 1/6 of a 1-layer, 9-inch round unfrosted chocolate cake.

True or False

With 25 g carbs, the donut has less than half the carbohydrates of a slice of cake, which has a whopping 51 g carbs.



How did you do?

For nutrient recommendations for adults, request a copy of “Nutrient Recommendations for Adults” (NebGuide 1555)

<http://www.ianrpubs.unl.edu/live/g1555/build/g1555.pdf>



Options for Control

Wednesday, November 30, 2011
1:30 p.m. to 4:00 p.m.
Courthouse Annex Meeting Room
Center, Nebraska
(Presented as a pre-taped program)

Instructors: **Mary Clare Stalp**, LMNT, RD, Franciscan Care Services; **Stacie Petersen**, RN & Certified Diabetes Educator, Franciscan Care Services; **Debra Schroeder**, MS, UNL Extension Educator in Cuming County

Topics:

- Managing Your Meals
- Weight Loss Surgery
- Are There Good & Bad Carbs?
- Creative Casseroles

Nebraska School Food Service Association has approved this session for 2 hours of Continuing Education Credits.

To pre-register contact the UNL Extension Office in Knox County at 402-288-5611 or email knox-county@unl.edu.