

Session 2 – Carbohydrates

I. Objectives

- Explain survey results
- Describe simple carbohydrates
- Describe complex carbohydrates
- Explain the role of carbohydrates in chronic disease

II. Introduction

The aim of session 2 is to educate the client on carbohydrates and their role in nutrition.

The human body depends on a simple sugar known as glucose for energy to walk, talk, play and think

It is important to understand that there are two types of carbohydrates and this session will illustrate which carbohydrates should be incorporated into a healthy diet.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will proceed to ask the client what they know about carbohydrates and take note of their response.

The health educator will educate the client.

Carbohydrates are converted into sugars called glucose that our body uses as energy. It can be an apple, a piece of toast or a piece of cake. The result will be the body converting that into sugar and using it as energy. When it is consumed and not used by the body as energy it is then converted to fat and stored in adipose tissue (around the waist and in the liver).

Two Types of Carbohydrates

Complex (Good) Carbohydrates (CH) are a good source of fiber. Fiber is beneficial to the body because it delays the process at which our body breaks down sugar. Following are examples of complex CH:

- Fruits
- Vegetables
- Whole grains (whole wheat breads, corn tortillas, brown rice, pastas)
- Beans

Simple carbohydrates are rich in sugar. Sugar is rapidly digested which can cause the pancreas to overwork because of the quick need for insulin to breakdown the sugar. Following are examples of simple CH:

- Table sugar
- Honey
- Syrup
- Sodas
- Jams/Jelly
- Candy
- Cake
- Donuts
- Fruit drinks

The health educator will then explain to the client the importance of consuming a combination of 5 fruits and vegetables a day (e.g. 4 fruits + 1 vegetable or 3 vegetables +

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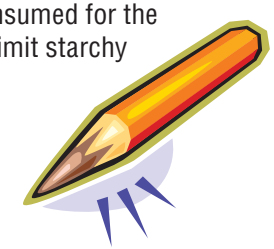
2 fruits or however you want to combine them as long it equals 5) and whole grains daily. These can be consumed in any of the following meals:

- Breakfast
- Lunch
- Dinner
- Snack

A guide that lists all serving sizes for carbohydrates, fruits, grains, and non-starchy vegetables is included in this manual.

V. Activity

Using the food journal the client will record the number of fruits, vegetables, and whole grains they consumed for the day. The goal is to aim for a combination of 5 servings a day of fruits, whole grains and vegetables; and limit starchy vegetables such as potatoes, and corn.



Weekly Log: Carbohydrates Consumed

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruits							
Non – starchy vegetables							
Whole Grains							
Daily Total							

