Counting Carbs?

Simple vs. Complex:

**Simple carbohydrates** are sugars. They are rapidly absorbed and can quickly raise your blood sugar.

**Complex carbs**, also referred to as dietary starch, are often rich in fiber, thus satisfying and health promoting. Complex carbs are commonly found in whole plant foods.

Choose Complex for your Health:

- **High fiber cereal** with 5+ grams of fiber/serving
- **Whole grains** like whole wheat, brown rice, barley, quinoa, and bulgur
- **Fresh fruit and vegetables** instead of juice
- **Legumes**, such as beans and lentils
- **Nuts and seeds** in moderation

For tips on nutrition, **talk to a dietitian** on the Living Well Platform. Visit [https://livingwell.provantonline.com](https://livingwell.provantonline.com) and choose the Nutrition tab.

*This benefit is available free of charge to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.*