

# 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> 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.*