



Carbohydrates: to eat or not to eat?

This is the age old question. Diets like Atkins and South Beach have embraced a low to no carb motto. However, for many, these diets are restrictive and hard to stick with. They also exclude some healthy carbs (like the high fiber ones). The key is choosing carbs that will fill you up and give you energy, but still watching your portion sizes and creating a realistic plan that works for YOU.

Complex Carbohydrates Vs. Refined Carbohydrates

Complex carbohydrates—whole wheat or whole grain bread or pasta, quinoa, farro, millet, and brown rice.

- These carbs are high in fiber, which keeps you full and stabilizes your blood sugars.
- Portion size—stick to approximately 1/2 to 1 cup cooked with meals.

Refined carbohydrates—white products- white bread, pasta, and rice.

- These carbs have no fiber, so they don't keep you full.
- Your body breaks them down quickly, causing a spike in blood sugar.
- This spike in blood sugar increases your risk for diabetes and can cause an imbalance in energy levels and increased hunger.
- Avoid or limit portion sizes when possible.

Natural Sugars Vs. Added Sugars

Natural Sugars— fruit, milk and yogurt contain natural sugars. While fruit contains fiber, vitamins and minerals, milk and yogurt contain protein, calcium and vitamin D.

- Fruits—approximately 1-3 portions per day. However, watch out for juice. Even natural juices should be avoided because they contain a concentrated source of sugar that spikes blood sugars and increases hunger and food cravings. Smoothies are OK because they contain the whole fruit with fiber.
- Milk and yogurt—up to 3 servings per day. Watch out for added sugars, like “fruit” flavorings in yogurt and chocolate or strawberry milk.

Added Sugars—cookies, cakes, and candy contain added sugars.

- Limit these foods because they spike your blood sugar, make you tired and give you extra calories without any benefits to your health.

Be part of a Nutrition Counseling research study! Is your weight more than expected for your height and age? Are you between 9-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers in next months issue!



Farro is a nutritious whole grain high in fiber and protein. Enjoy as a side dish and spice it up by adding different flavors and ingredients!

1. Butternut squash, onions, peppers, and feta cheese.
2. Cherry tomatoes and chopped sautéed onions (my favorite).
3. Golden raisins, scallions, pistachios and mint.
4. Yellow onion, thyme, sweet potato, and parmesan cheese.
5. Make your own veggie farro.

Our Nutritionists

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