



**Salud**<sup>tm</sup>**RDN**  
ROOTED | DIVERSE | NUTRITION



**CARBOHYDRATES**





## Acknowledgments

I feel truly blessed with the work I do every day. It is an honor for me to be able to put my knowledge and my heart at your service. Thank you to all who have trusted us throughout our career.

I especially thank my family for always accompanying me on this boat of life.

To the SALUD team for their contribution and dedication to the mission of helping the community and their commitment to providing the best services.

To you who allow us to reach your homes through advice, remedies, diets and supplements, thank you for trusting us and allowing us to be part of your family.  
Sincerely,

Dr. Rigo and the SALUD team



## WHAT ARE CARBOHYDRATES?

Carbohydrates, also called carbohydrates, glucides or saccharides, are molecules formed by organic compounds such as carbon, hydrogen and oxygen.

Their main function is to quickly provide energy to the body since they are easy to digest.

However, when that energy is not used, it is stored in the body as fat in the adipose tissue cells!

Although all sources of carbohydrates are good, choosing the healthiest ones is not an easy task.

The best option for those who want to lose weight or improve their results at the gym is to consume whole grain products, as well as fruits and vegetables.

However, it is important to always check the nutritional labeling of foods to choose the best option, since many contain added sugars or high amounts of fat.

Below are some good sources of carbohydrates due to their high fiber content:

- Fruits rich in fiber: plum, papaya, pear, strawberries, kiwi, tangerine, lemon, blueberries, pitahaya and peach.
- Whole grain foods: rice, rice mixed with grains, whole wheat pasta, whole wheat bread, whole wheat corn tortillas or bread with seeds.







- Vegetables: carrots, broccoli, yams, fresh peas.
- Grains: beans, lentils, chickpeas, peas.
- Cereals: oats.
- Tubers: sweet potato and yam.

Foods rich in sugar, such as cakes, cookies, cereal bars and sweets in general, should be consumed in moderation.



# IMPORTANCE OF CARBOHYDRATES IN THE LATIN DIET

Carbohydrates are essential macronutrients that provide energy to the body. They are found in a wide variety of foods, including grains, fruits, vegetables, and dairy products.

Carbohydrates are divided into simple and complex, and are the main source of fuel for the body and brain.

In the Latin diet, carbohydrates are an integral part of the daily diet. Foods such as rice, beans, plantains, and corn are mainstays of Latin cuisine and provide essential nutrients and energy.

However, it is important to consume carbohydrates in a balanced way to maintain good health.

Carbohydrates in Latin food come from a variety of sources, including grains, tubers, fruits, and natural sugars. It's important to choose complex carbohydrates, such as brown rice and beans, which provide additional fiber and nutrients.







## **CARBOHYDRATE COUNTING AND INTAKE MANAGEMENT**

Counting carbohydrates can be helpful for those who need to monitor their carbohydrate intake, such as people with diabetes. It is important to read food labels and calculate the amount of carbohydrates in each serving.

Controlling carbohydrate intake can help maintain stable blood sugar levels and promote weight loss.



Carbohydrates are an important part of the Latin diet and provide the energy needed to carry out our daily activities. By choosing healthy carbohydrates and controlling their intake, we can maintain good overall health and well-being!

## **RECOMMENDED AMOUNT OF CARBOHYDRATES**

The recommended daily carbohydrate intake is between 55 to 60% of total dietary calories.

A person on a 2000 kcal daily diet should consume between 275 to 300 g of carbohydrates per day, for example.

However, the amount of carbohydrates in the diet varies according to the person's weight, age, physical activity and general health status.





# TABLE OF



# CARBOHYDRATES

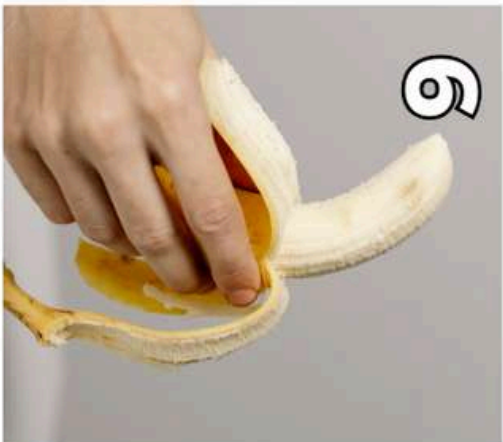
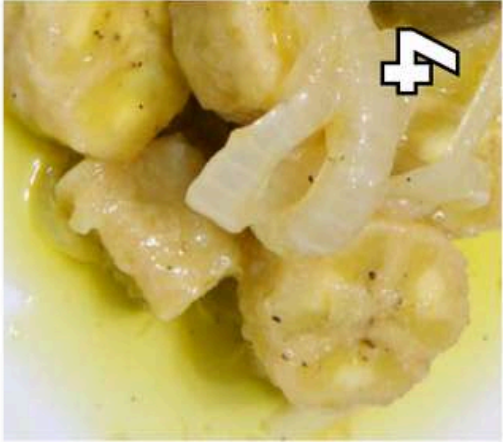




# Carbs - Nutritional content table



| FOOD                   | QUANTITY        | CARBS    |
|------------------------|-----------------|----------|
| 1. White rice          | 1 cup           | 45 grams |
| 2. Cooked black beans  | 1 cup           | 40 grams |
| 3. Ripe plantain       | 1 unit          | 40 grams |
| 4. Unripe green banana | 1 unit          | 30 grams |
| 5. Plantain (medium)   | 1 unit (medium) | 39 grams |
| 6. Ripe banana         | 1 unit (medium) | 30 grams |
| 7. Cooked cassava      | 1 cup           | 76 grams |
| 8. Cooked corn         | 1 cup           | 47 grams |
| 9. Cooked oats         | 1 cup           | 27 grams |
| 10. Cooked yam         | 1 cup           | 42 grams |

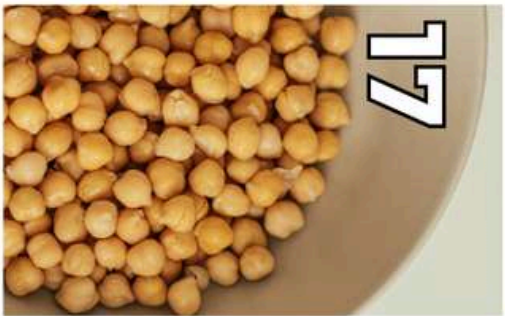
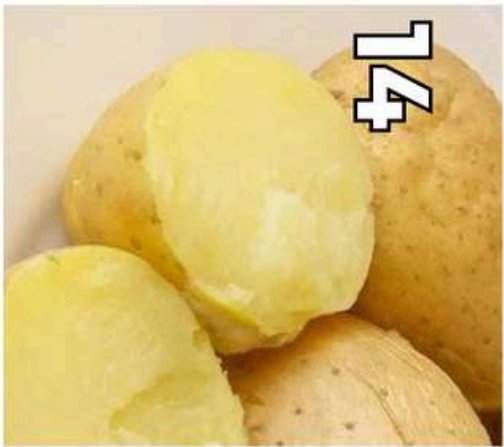
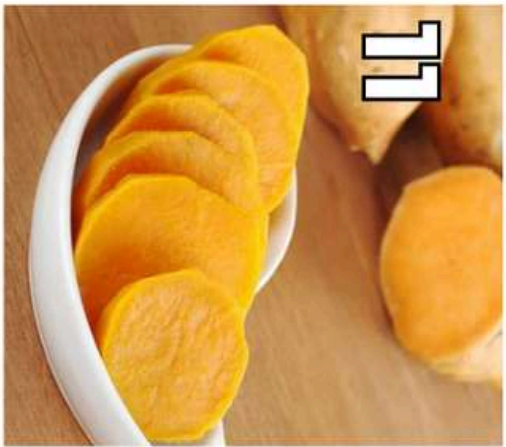




# Carbs - Nutritional content table



| FOOD                    | QUANTITY | CARBS     |
|-------------------------|----------|-----------|
| 11. Cooked sweet potato | 1 cup    | 35 grams  |
| 12. Cooked malanga      | 1 cup    | 80 grams  |
| 13. Green beans         | 1 cup    | 44 grams  |
| 14. Cooked potato       | 1 cup    | 40 grams  |
| 15. Sliced bread        | 1 slice  | 15 grams  |
| 16. Cooked pasta        | 1 cup    | 60 gramos |
| 17. Cooked chickpeas    | 1 cup    | 55 grams  |
| 18. Lentils             | 1 cup    | 40 grams  |
| 19. Corn flour          | 1 cup    | 95 grams  |
| 20. Wheat flour         | 1 cup    | 91 grams  |





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