

Myths & Facts about...

CARBOHYDRATES

Myth: Carbohydrates make you overweight.

Fact: Eating more calories than your body needs from *any* food source, not just starches and sugars, causes your body to store the excess as body fat.

Myth: We don't need carbohydrates.

Fact: Carbohydrates are the #1 fuel source for your body and *only* source for your brain and muscles. Carb-rich foods—whole and enriched grains, fruits, vegetables, beans, and low-fat dairy—deliver not only energy, but also vitamins, minerals, and phytonutrients that your body needs!

Myth: I can't find any healthy carbohydrates in the cafeteria

Fact: The Fresh Fruit & Veggie Bar is filled with various nutritious produce. All breads, rolls, buns, wraps, and rice are made from whole grains.