

FACTS ABOUT CARBOHYDRATES

Carbohydrates are the sugars, starches and fibres found in fruits, grains, vegetables, and milk products. Though often removed in trendy diets, carbohydrates — one of the basic food groups are important to a healthy diet. It's important to state from the start that not all carbs are the same and not all of them are bad for you!

What matters most when it comes to carbs is the type, quality and quantity in our diet that is important.

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