

Is your child having a “Carb Crash”?

Your son or daughter played the Carb Crash game at the Children’s Exercise and Nutrition Centre. Carb is short form for carbohydrate.

In the game, each building block counts as a carb eaten during the day. If the building blocks pile up so high that the tower crashes, then it means that your son or daughter eats too many carbs. This is not ideal for a healthy diet. Eating too many carbs can lead to a carb crash, making your son or daughter feel tired and have cravings.



How many carbs did you eat yesterday?

Please list the foods that you and your child talked about during the game today as a reminder to discuss this with the rest of the family.

Breakfast	Snack	Lunch	Snack	Dinner	Snack

What is a carb?

Food is made up of:

- Carbs
- Protein
- Fat

When you eat, carbs break down into a type of sugar called glucose, which gives you energy.

These foods have carbs:

Vegetables and fruit:

Starchy vegetables like potatoes, sweet potatoes, corn and peas; other vegetables such as carrots, beets, artichokes and cauliflower, and all fruit either fresh, frozen, canned or dried.

Grain products:

Rice, pasta, breads, cereal and bagels.

Milk and alternatives:

Milk, yogurt, and soy and almond beverages.

Alternatives to meats:

Legumes like chick peas, kidney beans and lentils, and nut butters.

This handout will only focus on carbs from the grain products group and treats.

There are three types of carbs:

- 1) **Sugar** is a type of carb that makes food taste sweet. It is either naturally a part of the food we eat or is added in during processing.
 - 2) **Starch** is a tasteless type of carb that occurs naturally. It is found in foods that come from plants like cereals, potatoes, rice and corn.
 - 3) **Fibre** is a type of carb which your body cannot break down. Fibre helps you feel full longer and helps move food and waste through your body.
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What is a grain product?

Grain products are a good source of carbs.

Grain products are also an excellent source of fibre. Fibre-rich foods, like whole grains, can help you feel full longer. A diet high in fibre may lower your cholesterol and blood sugars.

Choose whole grains over refined grains.

Whole grains:

- Contain fibre and help you feel full longer.
- Are less processed than refined grains.
- Contain all three parts of the grain kernel; bran, germ and endosperm.
- Are an excellent source of vitamins, minerals and fibre.
- Examples include wheat, barley, brown rice, rye, quinoa, millet and buckwheat.

Refined grains:

- Have little or no fibre and can make you feel hungry sooner.
 - Some or all of the bran and germ are removed from refined grain kernels.
 - Do not contain as many vitamins or minerals as whole grains.
 - Examples include white rice, white flour, white bread and cream of wheat.
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What is a serving of grains and how many should I have?

A serving of grains changes depending on the type of grain you are eating.

One serving of grains is equal to:

- 1 slice of bread (35 grams)
- 1/2 bagel or pita
- 1/3 cup cooked rice, pasta, couscous
- 30 grams of cold cereal
- 1/4 naan bread
- 1/2 English muffin

Shaping up grain servings

Age Group	Grains Servings each day
Children (boys and girls)	
2 to 3 years	2
4 to 8 years	3
9 to 13 years	5
Teens (14 to 18 years)	
Males	6
Females	5

Tricky grains:

Sometimes the number of servings in a grain product could surprise you! Here are some examples.

- A bagel can contain 2 or 3 servings.
- A slice of pizza can contain 2 or 3 servings.
- A piece of naan or pita bread can contain 2, 3 or even 4 servings.
- A plate of pasta can contain 3 or 4 (1/3 cup) servings.

Is eating too many grains unhealthy?

Yes, eating too many servings from any food group, can be unhealthy. Choose foods that are whole grain and high in fibre. There are many foods that contain grains but are mostly made up of fat and sugar. These are okay as a treat but not all the time.

See examples of these foods in the yellow and red carb lists.

What makes a carb “green”?

Green foods are "Go for it" foods. Eat a variety of these daily. They are low in unhealthy fat, sugar or salt and high in fibre. Look for whole grain bread that has 2 grams or more of fibre per serving. With cereal, aim for 4 grams or More of fibre per serving.

Examples are below.

Whole grain/brown:

- bread
- pasta
- rice
- bagels
- pita
- pancakes
- high fibre cereal



What makes a carb “yellow”?

“Slow down” when choosing these foods. Eat these twice a week or less because they are not as good for your body. They are high in unhealthy fat, sugar or salt and low in fibre.

Examples are below.

White:

- bread
- pasta
- rice
- bagels
- pita
- pancakes
- sugary cereals
- pizza
- lasagna noodles



What makes a carb “red”?

These products have lots of sugar and unhealthy fat added to them. There is nothing healthy in these foods so try not to eat these too often. Treats can be part of a healthy diet – just not too often.

Examples include:

- processed foods such as mac & cheese or ravioli
- granola bars
- Bear Paws
- banana bread
- rice krispie squares
- rice cakes
- buttered popcorn/Smart Pop
- pizza pockets
- donuts
- cookies
- crackers
- chips
- muffins



What are some ideas for snacks?

Nutty Buddy

Try dipping apple slices in peanut butter, almond butter or soy butter. Nut butter is high in protein.

Serving size: 1 apple with 2 Tbsp of nut butter

Yo Grow Yogurt Dip

Cut pieces of fruit into bite size pieces and dip in your favourite yogurt. Use any of your favourite fruits like pineapple, apples, bananas, berries and grapes.

Serving size: 1/4 cup of yogurt dip and 1/2 cup of fruit



Humdinger Hummus

Hummus is made from chickpeas and is a great source of fibre and protein. Try dipping vegetable slices in hummus. Hummus is found in most grocery stores, but you can also try making it at home.

Recipe:

- 1 (15 ounce) can chickpeas, drained (save the bean liquid)
- 2 Tbsp olive oil
- 1/2 tsp ground cumin
- 1/4 tsp paprika
- 1/4 tsp cayenne pepper
- 2 Tbsp lemon juice
- 3 cloves garlic

Use a blender or food processor to combine the chickpeas, olive oil, spices, lemon juice, garlic and 2 Tbsp of the saved bean liquid. Blend until smooth.



Serving size: 1/4 cup hummus dip with lots of vegetables

Pink Flamingo Fruit Smoothie

Smoothies are a great snack because they are high in calcium, vitamin D and other nutrients.

Recipe:

- 1 cup milk
- 1/2 cup frozen strawberries
- 1/2 banana
- 1/4 cup plain yogurt
- 1 Tbsp liquid honey

Mix all ingredients in a blender and serve.

Serving size: makes 2 servings



Bear Call Trail Mix

Trail mix is a great on the go snack. Nuts and seeds are full of protein and healthy fats that will help you stay full longer. You can also change up the types of dried fruits and the types of nuts or seeds. Here is an easy recipe to get your started.

Recipe:

- 1/4 cup whole almonds
- 1/4 cup dry roasted peanuts
- 1/4 cup dried cranberries
- 1/4 cup raisins
- 1/4 cup other dried fruits



Mix all ingredients and store in a sealed container.

Serving size: 1/4 cup

Imperial and Metric Sizes		
1 cup	=	250 ml
3/4 cup	=	175 ml
1/2 cup	=	125 ml
1/4 cup	=	60 ml
1 tablespoon (Tbsp)	=	15 ml
1 teaspoon (tsp)	=	5 ml
1 ounce (oz)	=	30 grams