

Cent\$ible Nutrition News

Helping Families Eat Better for Less

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Carbs: A Healthy Choice?

Are carbs a healthy choice? Yes!

It is a myth that most carbohydrates, or carbs, are unhealthy. We need carbs for our bodies to function. Carbs are the main source of energy for our bodies and our brains. However, there is often confusion about what a carb actually is. Many people think carbs only come from grains. In reality, carbs come from a variety of foods. There are 3 types of carbs we get from food: sugars, starches, and fiber.

Sugars are also known as simple carbs. There are natural sugars and added sugars. Natural sugars are found in fruits, vegetables, and dairy foods. Carbs from natural sugars give us quick energy along with a boost in vitamins and minerals and are a healthy part of a balanced diet.

Added sugars are also simple carbs that give us energy, but they can be high in calories and low in other nutrients. These are found in foods like refined grains, soda, and baked goods. On a

Nutrition Facts Label, added sugar might show up as fructose, table sugar, beet sugar, honey, corn syrup, or sucrose. For a balanced diet, it is a good idea to limit carbs from added sugars.

Starches are complex carbohydrates. Starches are found in beans, peas, grains, and vegetables like potatoes and winter squash. Our bodies take longer to process starches than simple carbs. This gives us a longer source of energy. Starches, when eaten along with protein, fat, or fiber, can help prevent a rapid rise in blood sugar, which is helpful for people with health concerns, like diabetes.

Dietary fiber, on the other hand, is a complex carb found in plants. It provides no energy but helps us feel full, maintain good gut health, and stay regular. Fiber is found in whole grains, fruits, vegetables, nuts, seeds, and legumes, like beans. Carbs from starches and fiber are part of a balanced diet.

Continued on the back

Carbs, Continued

So, while grains do provide us with carbs, other foods do as well. Carbs play an essential role in our bodies and are not something we should cut out. Instead, focus on adding healthy carbs to your plate with fruits, vegetables, whole grains, lean protein, and low-fat dairy products. Limit refined grain products, like white bread and white rice, as well as sweets to once-in-a-while foods. Fuel your body with healthy carbs and remember to enjoy foods from the 5 food groups of MyPlate.

November is American Diabetes Month

1 in 3 people have prediabetes and may not even know it! Healthier Wyoming empowers all Wyoming residents to take charge of their health by providing a wide range of resources for chronic disease prevention and management in Wyoming, including the Healthy U program. Check out information on diabetes prevention programs here: www.uwyo.edu/healthierwyo

Healthy U currently has several delivery options, including in person and virtual delivery.

Source

MyPlate.gov. What is MyPlate? United States Department of Agriculture. 2021. Accessed October 28, 2021 from <https://www.myplate.gov/eat-healthy/what-is-myplate>.

Join CNP!

Free cookbook, kitchen tools, & cooking classes!

Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Classes are now available online and depending on the county, in-person. Find out more at: <https://uwyo.cnpp.org/cnp-online-classes/>.



Homemade Bread

Ingredients

- 1½ cups whole-wheat flour
- 1 package rapid rise yeast (or 2½ teaspoons) or 2½ teaspoons active dry yeast
- 3 Tablespoons sugar
- 3 Tablespoons nonfat dry milk powder
- 1 teaspoon salt
- 1 cup hot water (125-130°F)
- 3 Tablespoons canola oil
- 1-1½ cups all-purpose flour (approximate)
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Combine whole-wheat flour, rapid rise yeast, sugar, dry milk powder, and salt in a 1 gallon heavy-duty freezer bag with a zipper lock. Squeeze upper part of bag to force out air and close the bag. Shake and work bag with fingers to blend ingredients.
3. Add hot water and oil to the bag and reseal it. Mix by working bag with fingers.
4. Gradually add enough all-purpose flour to the bag to make a stiff dough that pulls away from the bag. You may not need all the all-purpose flour.
5. Place dough on a floured surface. Knead 2-4 minutes until smooth and elastic.
6. Place the dough in a bowl and cover. Let it rise for 30-40 minutes or until doubled in size.
7. Spray a 9x5x3-inch loaf pan with nonstick spray
8. Once doubled in size, gently punch the dough down and shape it to fit in the loaf pan. Cover and let rise again until double in size, about 30-40 minutes.
9. While dough is rising, preheat oven to 375°F.
10. Bake at 375°F for 30-35 minutes or until golden brown.

Makes 1 loaf, 20 servings



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