Carbs are your friends.

Don’t let the media fool you. Carbohydrates are necessary for a balanced and healthy diet!

Carbohydrates provide our bodies the preferred fuel glucose!

Glucose is converted to adenosine triphosphate (ATP) via the metabolic process glycolysis. ATP stores and releases energy needed to sustain our bodily functions.

Our brain prefers glucose as its primary energy source, while our muscles need glucose for short bursts of activity.

Carbohydrates aren’t just found in pasta and white bread. Fruits, vegetables, dairy and whole grains provide essential nutrients, like fibers and starches, that are crucial for a healthy digestive tract!

Find out more!

Challenge yourself to eat more whole grains, fruits and vegetables! Learn more about how to choose healthy carbohydrates or other health and wellness tips by visiting:

https://mitpe.mit.edu