

Complex Carbohydrates



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What are Complex Carbohydrates?

Complex carbohydrates, or complex carbs, are made up of sugar molecules that are linked together in long, intricate chains. They are one of the three types of carbohydrates, the others being fiber and starch. Unlike simple carbohydrates (such as sugar), complex carbs take longer to digest and provide a slower release of glucose into the bloodstream. This makes them a more nutritious and filling option, offering various health benefits.

Where are they found?

Complex carbohydrates are found in a variety of plant-based foods, including:

- Vegetables (especially root vegetables like sweet potatoes and parsnips)
- Beans
- Legumes
- Peas
- Whole grains

Why are they good for you?

Complex carbs are an important part of a healthy diet due to their high fiber content and slow digestion. This makes them ideal for weight control as they help you feel fuller for longer. Additionally, they can help manage blood sugar spikes, making them beneficial for people with type 2 diabetes. The high fiber content also promotes regular bowel movements and can aid in controlling cholesterol levels.

How can you include more in your diet?

Here are some tasty tips to boost your complex carb intake:

-Experiment with vegetable noodles. Try zucchini, carrot, or beetroot noodles as a base for your favorite pasta dishes.

-Get creative with beans. Mash them, blend them into dips, or add them to salads for a protein and fiber boost.

-Go green. Add a handful of spinach, kale, or collard greens to your morning smoothie, or sauté them as a side dish.

-Whole grain swap. Trade white rice for brown, quinoa, farro, or barley. These whole grains add texture and a nutty flavor to your meals.

-Snack smart. Opt for snacks like roasted chickpeas, edamame beans, or a handful of nuts and seeds.

By incorporating these simple swaps and additions, you can easily increase your complex carbohydrate intake and enjoy the health benefits they bring.

In Conclusion

Incorporating complex carbohydrates into your diet is an excellent way to boost your overall health and well-being. By including a variety of plant-based foods rich in complex carbs, you can enjoy numerous short and long-term benefits. From stabilizing blood sugar levels to improving digestive health and maintaining a healthy weight, complex carbohydrates are a nutritious and satisfying addition to any meal plan.

So, be adventurous in the kitchen and experiment with vegetable noodles, beans, leafy greens, and whole grains. By making these small but impactful changes, you can easily increase your complex carb intake and reap the rewards of a healthier, more energized you. Embrace the power of complex carbohydrates and unlock a world of delicious and nutritious possibilities!

