

# carbsmarts

Carbohydrates or carbs are an important part of a healthy diet since they are the body's main source of energy. But not all carbs are created equal. 'Nutrient dense' carbs provide vitamins, fiber and other important nutrients. 'Nutrient dense' carbs include whole grain breads, cereals and pasta, fruits, vegetables, beans and low fat dairy. Other high carb foods like cakes, cookies, candy and sweetened beverages have little nutritional value and should be included only as occasional treats in your diet.

Make nutrient dense carbs a part of your healthy lifestyle. For more healthy eating tips, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).



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