



Dietary Modifications to Reduce Refined or Simple Carbohydrate Intake

Individuals trying to avoid concentrated sweets and refined carbohydrates may find the following tips helpful. The food group that contains breads, cereal and pasta includes many high fiber, less processed variations that can be helpful in cutting calories and/or increasing the feeling of fullness.

Instead of

White bread
White flour bagels & muffins
White flour tortillas
Regular waffles
White rice
Refined flour breakfast cereal
Regular pasta (not that bad)
Refined flour crackers
All purpose flour

Buy

Whole grain bread
Whole wheat bread
Wheat, whole grain tortillas
Whole wheat waffles
Brown or long grain rice
Bran or whole grain cereal
Wheat pasta (a little better)
Wheat crackers
Wheat flour

For more information on weight gain prevention, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Shape Your Future... Your Weigh!™