Rec Tip of the Week

Six “Bad Carbs” that are actually good for you. These carbs have been given a bad wrap due to their high carb content but they are actually full of healthy carbs including high amounts of fiber.

1. Corn is a good source of fiber, vitamin C and antioxidants. It is healthiest when grilled, or steamed/cooked without butter.

2. Bananas: though they have a high sugar content, bananas are a great source of vitamin B6, manganese, potassium and fiber. Great alone, in smoothies, or used as a substitution when baking.

3. Breakfast Cereal: many cereals are now packed with whole grains so cereal CAN be a healthy choice to start the day. Be careful to choose a cereal with a short list of ingredients with the first being whole grains, at least 3 grams of fiber & no more than 10 grams of sugar per serving.

4. White Potatoes: great source of potassium, vitamin C, and lots of fiber in the skin. Keep them on the healthy side by avoiding sour cream, butter, and cheese as a topper. Try instead cutting the potatoes into cubes and tossing in olive oil with seasoning and then roasting them.

5. Sourdough Bread: you don’t always have to go whole wheat when choosing bread. Traditional sourdough is made through fermentation which means it contains probiotics which are great for keep your GI tract running smoothly.

6. Peas: They are higher in carbs & sugars than some veggies but they are a fantastic source of phytonutrients that have anti-inflammatory and antioxidant properties. They also include a good amount of fiber.

Don’t always believe what you hear. Enjoy these “bad carbs” guilt free!!

From Foxnews.com