

# Special Topics

## Healthy Carbohydrates

### Coach's Instructions:

1. Open class with one or more of the suggested opening questions.
2. Play Carbohydrates DVD.
3. DVD will prompt food label activity.
4. Close with one or more of the suggested closing questions.

### Opening Discussion Questions: (Options)

- What types of carbohydrates would you consider healthy?
- Would you consider carbohydrates one of your weaknesses?

### Activity:

**Materials Needed:** Attached Food Labels.  
Make several copies of the food labels at the end of this handout.

**Coach:** Pass out food labels when prompted on the DVD.  
The DVD will explain the answers.

**Additional Activities (optional):** Bring in additional food labels to identify whole grains.

### Complimentary Handouts from CurvesCommunity (optional):

What's so Great about Whole Grains and Got Fiber.  
[Click Here](#) to access these handouts.

### Closing Discussion Questions: (Options)

- Have you ever experienced that spike and drop in energy levels after eating too many refined carbohydrates?
- Were you surprised that the stone ground wheat bread was not a whole grain?
- Do you know whether or not the bread that you typically eat is whole grain?
- Have you been eating more whole grains since you have been following the Curves plan?
- Have your portion sizes of carbohydrates changed since you have been on the Curves plan?



*Curves*

Label 1  
**Nutrition Facts**

Serving Size 1  
Servings Per Container 22

Amount Per Serving

**Calories** 70  
Calories from Fat 5

**Total Fat** 0.5g

Saturated Fat 0g  
*Trans* Fat 0g

Polyunsaturated Fat 0g  
Monounsaturated Fat 0g

**Cholesterol** 0mg

**Sodium** 140 mg

**Total Carbohydrate** 13g

Dietary Fiber 1g  
Sugars 2g

**Protein** 4g

**INGREDIENTS:** ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAWN WHEAT, STONE GROUND WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, WHEAT BRAN, WHEAT GLUTEN, RAISIN JUICE CONCENTRATE, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, VEG-ETABLE OIL (SOYBEAN AND/OR COTTON-SEED OILS), CULTURED WHEY, WHEY, YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, AMMONIUM SULFATE), CORN STARCH, DOUGH CONDITIONERS (MAYC ONTAIN ONE OR MORE OF THE FOLLOWING: MONO-AND DIGLYCERIDES, SODIUM STEAROYLACTYLATE, ENZYMES, ASCORBIC ACID, AZODICARBONAMIDE), SOY LECITHIN, SOY FLOUR.  
**CONTAINS WHEAT, MILK, AND SOY**

Label 2  
**Nutrition Facts**

Serving Size 1  
Servings Per Container 16

Amount Per Serving

**Calories** 110  
Calories from Fat 15

**Total Fat** 1.5g

Saturated Fat 0.5g  
*Trans* Fat 0g

Polyunsaturated Fat 1g  
Monounsaturated Fat 0g

**Cholesterol** 0mg

**Sodium** 150 mg

**Total Carbohydrate** 20g

Dietary Fiber 3g  
Sugars 4g

**Protein** 4g

**INGREDIENTS:** WHOLE WHEAT FLOUR, WATER, CRUSHED WHEAT, SUGAR, WHEAT GLUTEN, HONEY, UNSULPHURED MOLASSES, CONTAINS 2 PERCENT OR LESS OF: YEAST, SOYBEAN OIL, SOY FIBER, SALT, WHOLE WHEAT FLAKES, DATEM (DOUGH CONDITIONER), NONFAT MILK, DISTILLED MONOGLYCERIDES, WHEAT PROTEIN ISOLATE, CALCIUM PROPIONATE (TO RETARD SPOilage), SOY LECITHIN AND ENZYMES

Label 3  
**Nutrition Facts**

Serving Size 1  
Servings Per Container About 16

Amount Per Serving

**Calories** 110  
Calories from Fat 0

**Total Fat** 0g

Saturated Fat 0g  
*Trans* Fat 0g

**Cholesterol** 0mg

**Sodium** 220 mg

**Potassium** 22g

**Total Carbohydrate** 22g

Dietary Fiber less than 1g  
Sugars 4g

Other Carbohydrate 18g

**Protein** 7g

**INGREDIENTS:** RICE, WHEAT, GLUTEN, SUGAR DEFATTED WHEAT GERM, SALT, HIGH FRUCTOSE CORN SYRUP, DRIED WHEY, MALT FLAVORING, CALCIUM CASEINATE  
**VITAMINS AND MINERALS:** ASCORBIC ACID (VITAMIN C), ALPHA TOCOPHEROL ACETATE (VITAMIN E), REDUCED IRON, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), RIBOFLAVIN (VITAMIN B<sub>2</sub>), THIAMIN HYDROCHLORIDE (VITAMIN B<sub>1</sub>), VITAMIN A PALMITATE, FOLIC ACID AND VITAMIN B<sub>12</sub> TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO PACKAGING.