



MODULE 3

IDENTIFY

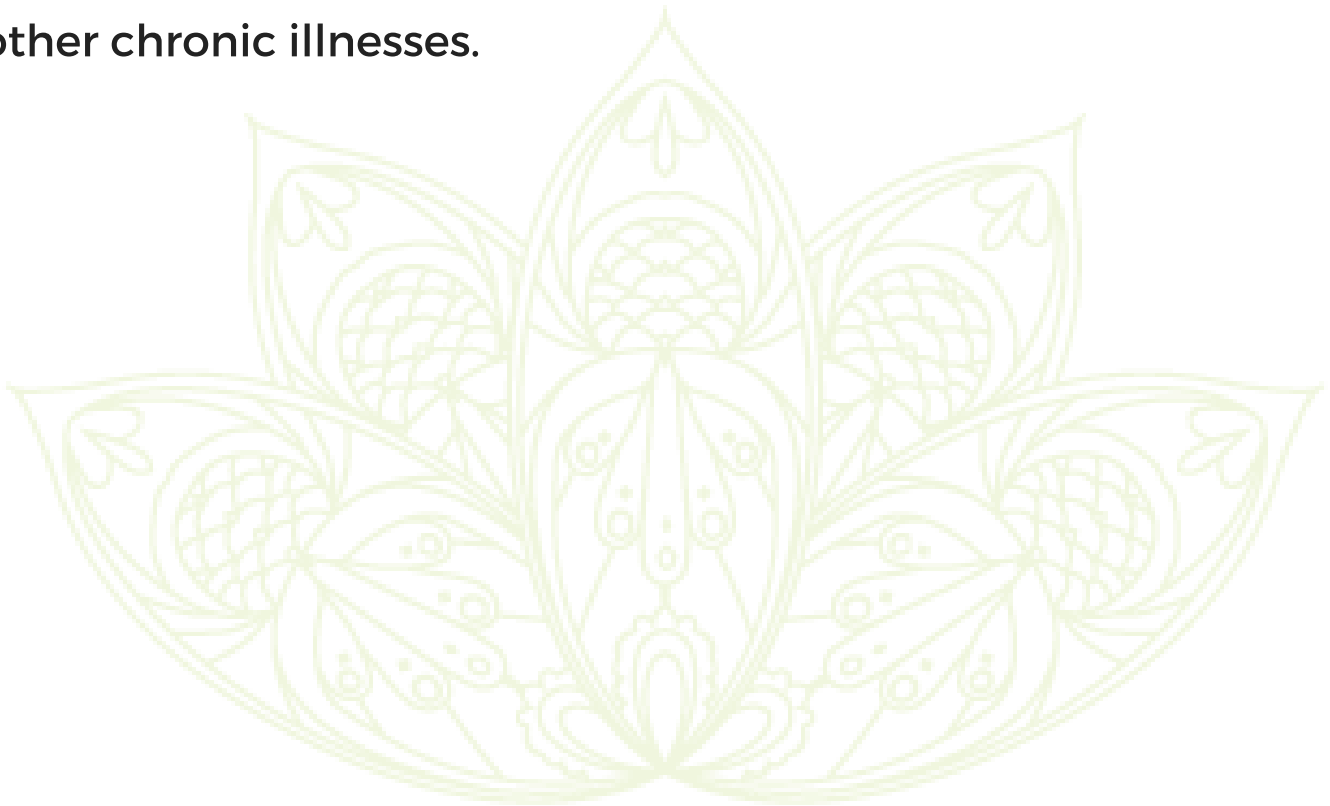
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Module 3

Starchy Carbs

Starches- Too many starchy carbs add inches to the waist since they ultimately convert to glucose (sugar). An overabundance of glucose keeps the body from tapping into fat stores and has been linked to diabetes, heart disease, and other chronic illnesses.



Module 3

Starchy Carbs

Cornstarch
Potato starch
Tapioca starch/flour/syrup
Sweetened nut butters
Instant oatmeal
Instant rice
Baked beans
Rice cakes
Polenta
Corn
Cornbread
Wheat bread
Pasta
Tortillas
Muffins
White flour
Cakes & Pies
English muffins
Scones
Biscotti
Cream of Wheat
Pop-tarts
Grits
Macaroni and Cheese
Cereals
Barley
Popcorn
Corn Tortillas & Corn Chips
Cookies
Crackers