

White and wheat food products have the SAME amount of carbohydrates. HOWEVER, wheat and whole grain options have MORE FIBER and therefore do not allow blood sugars to rise as quickly as white bread, rice and pastas.

Check out these easy substitutes!



WORSE

White Bread
White Rice
White Potato
White Pasta

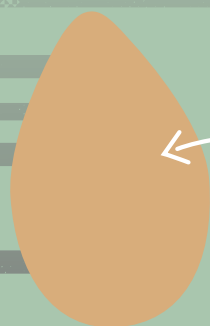
BETTER

Whole Grain Bread
Brown or Wild Rice
Sweet Potato
Wheat Pasta

"WHITE" GRAIN

VS

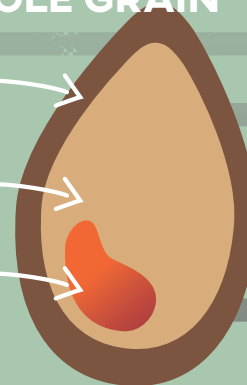
WHOLE GRAIN



Bran
The fiber-rich outer layer that protects the seed and contains B vitamins and trace minerals.

Endosperm
The middle layer that contains carbohydrates along with proteins.

Germ
The small, nutrient-rich core that contains antioxidants, including vitamin E, B vitamins, and healthy fats.



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