

I really enjoyed presenting last night, thank you so much for everything! I wanted to follow up to provide responses to a couple of questions in the chat last night that I didn't get a chance to answer.

**Can you elaborate more on simple carbs? Do we avoid them or limit them daily?**

Simple carbohydrates are sugar molecules that have a very simple structure that can be rapidly broken down and digested in the body. Simple carbohydrates can certainly be part of a balanced diet, and some foods that are very beneficial for our nutrition, like whole pieces of fruit, contain simple carbohydrates, which also have important nutrients like fiber, vitamins, and minerals. Generally, we want to limit simple carbohydrates like sweetened beverages that don't offer nutritional benefits. We also want to aim to make most of our grain foods like bread, rice, and tortillas, whole grain, which will automatically provide us with more complex, higher-fiber carbohydrates.

**What are the daily recommendations for total sugars, fibers, carbs, and fats?**

Carbohydrate needs vary depending on our activity level, age, and other factors, but the general recommendation is for 45-65% of our calories to come from carbohydrates since carbohydrates are the preferred fuel source for our bodies. Fiber recommendations are ~ 25-35 grams per day and fat recommendations vary and range from 20-35% of total calories. For the most part, if we focus on balancing our meals/snacks we will be able to achieve these recommendations!

Have more questions for Kristina? Get in touch with her.

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