INSIDE HEALTH

# What is a processed carb?

A processed carb (processed carbohydrate) is a carbohydrate-containing food that has been refined or altered from its natural state, usually to improve shelf life, taste, texture, or convenience. During processing, much of the fiber, vitamins, and minerals are removed, leaving a carb that digests quickly and spikes blood sugar.











- ✓ Pizza
- ✓ Pasta
- ✓ Bread
- ✓ Pretzels
- ✓ Bagels
- ✓ Waffles
- ✓ Pancakes
- ✓ Cereal
- ✓ Tortillas
- ✓ Chips
- ✓ Granola
- ✓ Crackers
- ✓ Cakes
- ✓ Cookie
- ✓ Beer
- ✓ Doughnuts