

# Carb Tuning Guide

A food's chemical structure — and how quickly your body digests it — determines whether a carb is complex or simple. It takes your body longer to break down complex carbs, so they're less likely to ... These are called nutrients. Together, nutrients in food help the body work. Carbohydrates are part of a healthy diet. But some carb choices may be better for you than others. Understand more about ... Aug 7, 2025 · Discover the California Air Resources Board (CARB) and its pioneering work in air quality and climate change. Learn about CARB's role in setting emissions standards, the Cap-and-Trade ... May 13, 2024 · High-carb foods have been connected to a higher risk of chronic disease, decreased physical activity, and obesity. However, carbohydrate quality has been shown to play a more critical ... Mar 23, 2026 ·

Though high- and low-carb diets have certain health benefits, a moderate-carb diet may be the best choice for most people. CARB's mission is to promote and protect public health, welfare and ecological resources through the effective and efficient reduction of air pollutants while recognizing and considering the effects on the ... CARB is a part of the California Environmental Protection Agency, an organization which reports directly to the Governor's Office in the Executive Branch of California State Government. Mar 12, 2026 · Carbohydrates are found in many foods and different forms. Some high-carb foods provide nutrients, antioxidants, and fiber. Others provide mostly sugar, which may increase your risk of weight ... Oct 7, 2024 · Couscous is native to North Africa, but it has become a popular healthy carb worldwide. Couscous is

traditionally made from durum wheat and is a good source of plant-based protein and ... Feb 2, 2023 · Summary

Carbohydrates are not an “essential” nutrient. However, many carb-rich plant foods are loaded with beneficial nutrients, so avoiding them may not leave you feeling your best.

*Carbohydrates: Types, Benefits, and Sources Explained - Health Foods High in Carbs and Calories - WebMD*

**The 25 Healthiest Carbs You Can Eat, According to a Dietitian**

**Carbohydrates: How carbs fit into a healthy diet - Mayo Clinic**

[30 High-Carb Foods That Are Incredibly Nutritious](#)

**California Air Resources Board - Wikipedia**

**Good Carbs, Bad Carbs — How to Make the Right Choices - Healthline**

[Homepage | California Air Resources Board](#)

**California Air Resources Board (CARB)**

*Carbohydrates: What They Are, Function & Types - Cleveland Clinic*

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