

SIMPLE CARBS

 White bread, tortillas	 White pasta, noodles
 White rice	 Cakes, pastries
 Cookies, chips, crackers	 Candy
 Ice cream, sweet yogurt	 Any sodas
 Sugary cereals/oatmeal	 Sweet drinks (tea, coffee, juice, etc.)

+ dumpling wrappers, battered/fried foods

COMPLEX CARBS

 Whole grain bread	 Brown rice
 Any vegetables	 Fruit
 Beans	 Lentils
 Quinoa	 Oats
 Sweet potatoes	 Chia seeds

HEALTHY CARBOHYDRATES

@marcinevin



Whole Fruits

Banana
Berries
Orange
Apple
Pear
Kiwi

Watermelon
Pineapple
Melon
Grape
Peach
Plum



Starchy Veggies

Winter Squash
Sweet Potato
White Potato
Pumpkin
Turnip

Plantain (fruit)
Rutabaga
Carrot
Beet
Taro



Fibrous Veggies

Summer Squash
Leafy Greens
Cauliflower
Tomato
Peppers
Celery

Brussels Sprouts
Cucumber
Asparagus
Cabbage
Broccoli
Onions



Grains & Legumes

Whole Wheat Pasta
Ezekiel Bread
Buckwheat
Oatmeal
Quinoa
Barley

Cous Cous
Beans
Lentils
Peas
Rice
Corn

Choose More of the Complex Carbs than the Simple Carbs