






Carbohydrate rich foods

Choose High Fiber, Low Sugar Carbohydrates - a lot of fiber (3+ grams) and/or very little sugar (6 grams or less)

 Beans, lentils	 Plain yogurt Low fat milk	 Fruit	 Banana, plantain	 Whole grain cereal, oatmeal, wheat, pasta, breads, and brown rice
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Moderate Low Fiber Carbohydrates – not enough fiber (3 grams or less) and/or too much sugar (6+ grams)





 White breads	 White pasta, noodles, spaghetti	 Root vegetables - potato, yucca, taro, cassava, etc.	 Corn and peas	 Tortilla, chapati, roti White rice
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Limit High Sugar, High fat Carbohydrates - too much sugar (10+ grams) and/or too much saturated fat (3+ grams)




 Cake, cookies, pastries	 Candy, Chocolate	 Soda	 Juice	 Chips, crackers	 Cookies Sweetened yogurt
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Low carbohydrate foods

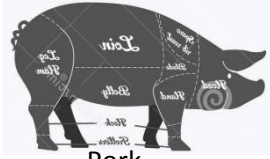
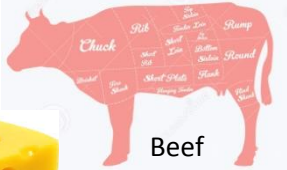

Choose vegetables and lean proteins often

 Chicken, turkey	 Fish
 Egg	 All vegetables BUT potatoes, peas, and corn

Enjoy plant/fish fats instead of animal fats

 Nuts and nut butters
 Canola, vegetable, and olive oils
 Avocado

Limit high fat meats and cheese

 Pork
 Beef
 Cheese