

Sources of Carbohydrate

Fruits*

Apples	Grapes
Apricots	Lemons
Banana	Mangoes
Blackberries	Oranges
Blueberries	Peaches
Cherries	Raspberries
Grapefruit	Strawberries

Vegetables*

Asparagus	Mushrooms
Beets	Orange Peppers
Broccoli	Radishes
Cabbage	Red Peppers
Cauliflower	Snowpeas
Celery	Spinach
Cucumber	Squash
Garlic	Sweet Potatoes
Green Beans	Tomatoes
Green Peppers	Water Chestnuts
Lettuce	Zucchini

Grains

Brown Rice	Oats
Quinoa	Whole Wheat Bread
Barley	Whole Wheat Pasta
Rye	Wild Rice

Dairy

Chocolate Milk	Yogurt - low fat & no sugar added
Skim Milk	

Beans*

Black Beans	Lentils
Chickpeas	Navy beans
Garbanzo Beans	Pinto Beans
Kidney beans	

Seeds and Nuts*

Almond Butter	Pumpkin Seeds
Almonds	Sunflower Seeds
Cashews	Walnuts
Pecans	



*Note information is given when the consumed product is raw, different preparation methods may change nutritional content