

# Carbohydrates

## Smart Carbs

Vegetables	Starchy Vegetables	Fruit
Alfalfa sprouts	Acorn squash	Apple (including green)
Artichoke	Butternut squash	Apricot
Artichoke hearts	Parsnips	Blackberries
Asparagus	Peas (green)	Blueberries
Bamboo shoots	Pumpkin	Cantaloupe
Beans (green, Italian, yellow, wax)	Snow peas	Dates
Beets	Sweet potatoes	Figs
Bell peppers		Grapefruit
Bok choy		Honeydew melon
Broccoli		Kiwi
Brussel sprouts		Mango
Cabbage		Nectarine
Carrots		Orange
Cauliflower		Peach
Celery		Pears
Chives		Plum
Cucumbers		Pomegranate
Eggplant		Raspberries
Greens (dandelion, beet, mustard, collard)		Rhubarb
Hearts of palm		Strawberries
Jimaca		Watermelon
Kale		
Kohlrabi		
Leeks		
Mushrooms		
Okra		
Pea pods		
Peppers (any)		
Radishes		
Salad lettuces		
Sauerkraut		
Sea vegetables		
Shallots		
Spinach		
Summer squash		
Swiss chard		
Tomatoes		
Turnips		
Watercress		
Zucchini		

## Junk Carbs

Grains	Fruit	Beverages	Sweets
bagels bread (most) cereals (all) corn corn chips cream of wheat crackers (all) macaroni noodles oatmeal pancakes pasta popcorn potato chips pretzels rice cakes spaghetti tortillas (corn & wheat) waffles	fruits with sugar apple juice cranberry juice orange juice pineapple juice	all sodas Gatorade PowerAde other sports drinks Vitamin Water	angel food cake cookies candy cakes graham crackers pie sponge cake vanilla wafers