

GOOD CARBS

BAD CARBS



HELPFUL CARBOHYDRATE GUIDE



GOOD CARB EXAMPLES

- Fresh Fruits
- Fresh Vegetables
- Legumes
- Beans
- peas
- lentils
- Whole Grains
- brown rice
- quinoa
- pure oats
- Pumpkin Seeds
- chia seeds
- sunflower seeds
- sweet potatoes
- potatoes
- walnuts
- peanuts
- almonds
- macadamia nuts
- hazelnuts

WHY?

- High fiber
- Natural sugars
- Low glycemic
- Low insulin levels
- Slow digestion
- Prolonged energy
- Keeps you full longer
- Help with weight loss



BAD CARB EXAMPLES

- Fruit Juices
- Soda or Pop
- Cookies
- pastries
- cakes
- White bread
- white crackers
- Regular pasta
- Chocolates and any other candy
- Ice cream
- frozen yogurt
- any other frozen sweet treat
- Potato chips
- French fries

WHY?

- Low fiber
- Refined/Processed
- Fast Digestion
- Hunger comes quicker
- Energy levels deplete quicker
- Added sugars
- High insulin levels
- High glycemic
- Carbs convert into fat cells
- Causes weight gain