

Use these examples to help you choose nutrient-dense, low-calorie carbohydrate (carb) foods **more often**, and eat **fewer** refined, high-calorie carbohydrate foods.

Carb foods to choose **MORE** often

Foods high in essential nutrients and fiber that do not contain added sugars

Fresh fruits

- Bananas
- Berries
- Cantaloupe
- Oranges
- Tangerines
- Peaches
- Nectarines
- Watermelon
- Plums
- Apricots

Dairy products

- Milk
- Plain yogurt

Vegetables (non-starchy)

High in fiber and low in carbs

- Asparagus
- Beets
- Leafy greens
- Cabbage
- Cauliflower
- Tomatoes
- Green beans
- Summer squash
- Carrots
- Peppers
- Brussels sprouts
- Radishes

Vegetables (starchy)

Higher in carbs, but high in fiber and nutrients

- Cooked dry beans
- Corn
- Sweet potatoes/yams
- Potatoes
- Winter squash
- Pumpkin
- Peas
- Lentils

Whole grains

High in fiber, nutrients; also high in carbs

- Brown rice
- Whole-grain pasta
- Whole-wheat bread
- Whole-grain tortillas
- Whole-grain crackers
- Bulgur
- Rolled oats
- Barley
- High-fiber ready-to-eat cereals

Portion Sizes Count!

How **MUCH** carbohydrate you eat affects your blood sugar. Pay attention to serving sizes and follow Nutrition Facts Label recommendations when available.

Carb foods to choose **LESS** often

Foods without much fiber, containing refined flours and added sugar

- Plain bagels
- White tortillas
- Muffins
- Pie
- Cake
- Cookies
- Doughnuts
- White pasta
- White rice
- White bread, rolls
- Pretzels, saltines, crackers
- Many ready-to-eat cereals

Sweetened foods

Foods with added sugar are carb dense, with little or no fiber or other nutrients

- Juice drinks with added sugar
- Canned or frozen fruit with added sugar
- Sweetened yogurt
- Flavored milks
- Energy drinks
- Coffee drinks
- Syrups
- Jelly, jams
- Candy

Other foods high in carbs

- Beer
- Wine drinks
- Molasses
- Honey

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