

COMPLEX CARBOHYDRATE REFERENCE CHART

Slow-Digesting / High Fiber Nutrition Guide

Whole Grains

- Steel Cut Oats Fiber High
 - Quinoa Protein+
 - Brown Rice Gluten Free
 - Buckwheat / Kasha B-Vitamins
 - Barley (Pearled/Hulled) Low GI
 - Farro / Spelt Ancient Grain
 - Wild Rice Antioxidants
-

Legumes & Beans

- Lentils (All colors) Iron Rich
 - Chickpeas (Garbanzo) Versatile
 - Black Beans Folate
 - Kidney Beans Fiber High
 - Edamame / Soybeans Complete Protein
 - Split Peas High Satiety
 - Pinto Beans Potassium
-

Starchy Vegetables

- Sweet Potatoes / Yams Vit A
 - Butternut Squash Low Cal
 - Green Peas Vitamin C
 - Parsnips Soluble Fiber
 - Pumpkin Nutrient Dense
 - Carrots (Cooked) Beta-Carotene
 - Corn (Whole Kernel) Lutein
-

Tubers & Roots

- Cassava / Yuca Starch+
- Taro Gut Health
- Jicama Prebiotic
- Red Potatoes (Skin on) Resistant Starch

- Beets Nitrates
 - Turnips Low Carb
 - Radishes Detox
-

Note: Prioritize whole, unprocessed forms for maximum fiber and micronutrient density.