

# COMPLEX CARBOHYDRATES

High-Fiber & Low Glycemic Selection

## WHOLE GRAINS

- Quinoa Gluten-free
- Steel-Cut Oats High Fiber
- Brown Rice Whole Grain
- Buckwheat Pseudo-cereal
- Barley Pearled/Hulled
- Wild Rice Protein Rich
- Spelt Ancient Grain

## LEGUMES & BEANS

- Lentils Green/Red/Black
- Chickpeas Garbanzo
- Black Beans Antioxidants
- Kidney Beans Fiber Dense
- Edamame Soy Protein
- Split Peas Slow Digesting
- Pinto Beans Iron Source

## STARCHY VEGETABLES

- Sweet Potatoes Vit. A & C
- Butternut Squash Low Calorie
- Parsnips Complex Sugar
- Corn Non-GMO
- Beets Nitrates
- Carrots Beta-carotene

## FRUITS (FIBER-RICH)

- Raspberries High Fiber
- Apples With Skin
- Pears Pectin Source
- Blueberries Antioxidants
- Bananas Green/Unripe
- Avocado Healthy Fats

Note: Prioritize whole, unprocessed foods. High fiber content slows glucose absorption.