

COMPLEX CARBOHYDRATE REFERENCE

WHOLE GRAINS

- Quinoa Gluten-Free
 - Steel-Cut Oats High Fiber
 - Buckwheat Seed-based
 - Brown Rice Whole Seed
 - Barley Pearled/Hulled
 - Wild Rice High Protein
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LEGUMES & PULSES

- Lentils Red/Green/Black
 - Chickpeas Garbanzo
 - Black Beans High Antioxidant
 - Kidney Beans Fiber Rich
 - Edamame Soy Protein
 - Split Peas Soup Grade
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STARCHY VEGETABLES

- Sweet Potatoes Vit A Rich
 - Butternut Squash Low Calorie
 - Parsnips Root Vegetable
 - Plantains High Potassium
 - Pumpkin Antioxidants
 - Beets Nitrate Rich
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FRUITS (COMPLEX)

- Apples With Skin
 - Berries High Fiber
 - Pears Pectin Source
 - Grapefruit Low Glycemic
 - Apricots Fiber Dense
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