

HEALTHY COMPLEX CARBOHYDRATES

Whole Grains

- Steel-Cut Oats
 - Quinoa
 - Brown & Wild Rice
 - Buckwheat (Kasha)
 - Barley
 - Farro
 - Whole Grain Rye
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Legumes & Pulses

- Lentils (All varieties)
 - Chickpeas (Garbanzo)
 - Black Beans
 - Kidney Beans
 - Edamame
 - Split Peas
 - Pinto Beans
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Starchy Vegetables

- Sweet Potatoes / Yams
 - Butternut Squash
 - Parsnips
 - Carrots
 - Beets
 - Pumpkin
 - Green Peas
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Low-Sugar Fruits

- Raspberries
- Blueberries
- Strawberries
- Blackberries
- Apples (with skin)

- Pears
 - Grapefruit
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Focus on high-fiber, slow-digesting whole foods for sustained energy.