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COMPLEX CARBOHYDRATE GUIDE

Nutritional Reference Template â€¢ High Fiber â€¢ Low Glycemic

CATEGORY	BEST CHOICES	KEY NUTRIENT
Whole Grains	Quinoa, Oats, Brown Rice, Buckwheat, Barley	<i>B-Vitamins & Fiber</i>
Legumes	Lentils, Chickpeas, Black Beans, Kidney Beans	<i>Plant Protein</i>
Root Vegetables	Sweet Potatoes, Yams, Parsnips, Carrots	<i>Beta-Carotene</i>
Cruciferous	Broccoli, Brussels Sprouts, Cauliflower	<i>Antioxidants</i>
Seeds	Chia Seeds, Flaxseeds, Pumpkin Seeds	<i>Omega-3 Fats</i>
Low-Sugar Fruits	Raspberries, Blueberries, Blackberries	<i>Polyphenols</i>

Note: Prioritize whole, unprocessed forms to maintain fiber content and stabilize blood sugar.