

# SLOW DIGESTING COMPLEX CARBOHYDRATES

<b>Food Category</b>	<b>Specific Examples</b>	<b>Benefits</b>
WHOLE GRAINS	Steel-cut oats, Quinoa, Barley, Farro	High fiber, sustained energy release
LEGUMES	Lentils, Chickpeas, Black beans, Kidney beans	High protein content, low glycemic index
TUBERS	Sweet potatoes, Yams, Red potatoes (chilled)	Rich in Vitamin A and resistant starch
VEGETABLES	Broccoli, Cauliflower, Asparagus, Zucchini	High volume, micronutrient dense
NUTS & SEEDS	Chia seeds, Flaxseeds, Pumpkin seeds	Healthy fats that further slow digestion