

COMPLEX CARBOHYDRATE GUIDE

Weight Management & Sustained Energy

WHOLE GRAINS

- Quinoa 1/2 Cup
- Steel Cut Oats 1/2 Cup
- Brown Rice 1/2 Cup
- Buckwheat 1/2 Cup
- Barley 1/2 Cup
- Wild Rice 1/2 Cup

LEGUMES & BEANS

- Lentils 1/2 Cup
- Chickpeas 1/2 Cup
- Black Beans 1/2 Cup
- Kidney Beans 1/2 Cup
- Edamame 1/2 Cup
- Split Peas 1/2 Cup

STARCHY VEGETABLES

- Sweet Potato Medium
- Butternut Squash 1 Cup
- Parsnips 1/2 Cup
- Carrots 1 Cup
- Beets 1 Cup
- Pumpkin 1 Cup

LOW-SUGAR FRUITS

- Raspberries 1 Cup
- Blueberries 3/4 Cup
- Green Apple 1 Small
- Strawberries 1.5 Cup
- Pear 1 Medium
- Grapefruit 1/2 Large

Note: Portion sizes refer to cooked measurements. Always pair carbohydrates with lean protein and healthy fats for optimal blood sugar control.