



# A Guide to Carbohydrates

<b>Refined Carbohydrates</b>	<b>Unrefined Carbohydrates</b> - STARCHY -	<b>Unrefined Carbohydrates</b> - NON-STARCHY, FIBROUS -	<b>Carbohydrates</b> - FRUIT -
<ul style="list-style-type: none"> <li>Highly processed</li> <li>Quickly absorbed, spiking blood glucose and insulin levels</li> </ul>	<ul style="list-style-type: none"> <li>Occurs naturally</li> <li>Digested into simple sugar molecules, absorbed quickly spiking blood glucose and insulin levels</li> </ul>	<ul style="list-style-type: none"> <li>Occurs naturally</li> <li>Cannot be completely digested, absorbed slowly. Slower rise in blood glucose and insulin</li> </ul>	<ul style="list-style-type: none"> <li>Occurs naturally</li> <li>Fruits may have naturally high sugar (fructose) content, which can be problematic</li> </ul>
<b>Eat rarely, or only on special occasions</b>	<b>Eat infrequently and in small servings</b> (less than 10 - 20% of a meal)	<b>Should be the bulk of your diet</b>	<b>Stick to fruits with lower sugar content</b>
<ul style="list-style-type: none"> <li><b>Flour – All kinds:</b> Wheat, oat, legume (pea and bean), rice and corn flours breads, bagels, English muffins, cereals, pasta, beer</li> <li><b>Fruit Juices:</b> Except lemon/lime</li> <li><b>Refined Grains:</b> White rice, instant rice, cream of wheat, polished rice, instant oatmeal</li> <li><b>Refined Starches:</b> Corn starch, potato starch, modified food starch</li> <li><b>Refined Simple Sugars:</b> White &amp; brown sugar, honey, molasses, maple syrup, soda, fruit juice concentrates, fructose, high-fructose corn syrup</li> </ul>	<ul style="list-style-type: none"> <li><b>Grains:</b> Rye, barley, buckwheat, spelt, black rice, basmati rice, parboiled rice, quinoa</li> <li><b>Noodles:</b> Protein or vegetable-enriched. Shirataki noodles are a healthy alternative</li> <li><b>Root Vegetables:</b> Potatoes, yams, sweet potatoes, parsnips, jicama, taro root, water chestnuts, Jerusalem artichoke, rutabaga, carrots, beets, onions, turnips, and daikon radishes</li> </ul>	<ul style="list-style-type: none"> <li><b>Legumes and Lentils:</b> Good for vegetarians/vegans, otherwise limit if you are incorporating other protein sources</li> <li><b>Non-root vegetables:</b> Asparagus, bell peppers, broccoli, brussels sprouts, cauliflower, eggplant, and leafy greens. Also, fungi (mushrooms) are an excellent fibre</li> <li><b>Seeds:</b> Chia seeds and hemp hearts (shelled hemp seeds). Pumpkin and sunflower seeds are very high in omega-six fatty acids. Excess consumption can lead to some very unwanted conditions</li> </ul>	<ul style="list-style-type: none"> <li><b>Apples:</b> Contains ¾ the sugar as a can of soda</li> <li><b>Avocados:</b> Virtually no sugar. Just fat and fibre!</li> <li><b>Bananas:</b> Contains the same amount of sugar as a chocolate bar!</li> <li><b>Berries:</b> Strawberries, raspberries, and blackberries. Blueberries are okay, but are quite high in sugar</li> <li><b>Olives:</b> Virtually no sugar. Just fat and fibre!</li> </ul>