

Healthy Carbs Shopping List

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NAME

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DATE

Here are some suggestions for foods that are good sources of healthy carbs.

As with all our suggestions, think of it like a buffet: Take what you like, and leave the rest.

Whole grains

- Whole, intact grains such as brown or wild rice, amaranth, barley, buckwheat, millet, oat groats, quinoa, teff, wheat berries
- Whole or sprouted grain flour foods: breads, bagels, English muffins, pastas, and wraps*
- Steel-cut or old-fashioned oats
- Corn

Beans and legumes

- Beans (all)
- Lentils
- Peas

Dairy

- Kefir, plain
- non-Greek yogurt, plain

Starchy tubers

- Potatoes (all colors)
- Sweet potatoes (all colors)
- Taro
- Yuca

Fruits**

- Fresh fruit
- Frozen fruit
- Dried fruit, unsweetened

*Whole grains foods made from flour can affect blood sugar differently in different individuals. If flour-based grains seem to negatively affect you, consider whole, intact grain foods.

**In the case of fruits, it might take some work to know how long a particular fruit “stays with you”. Some folks find that fruit will hold them for a while; others find that starchier carbohydrates work better than sweeter ones (or that particularly sweet fruits, such as tropical or dried fruits, seem to spike their blood sugar).

For an exhaustive list of carbs check out this infographic: <https://www.precisionnutrition.com/what-should-i-eat-infographic>