

# CARBS

## YOUR GO-TO GUIDE FOR CARBOHYDRATES

Carbohydrates provide our body with energy. They are the primary form of fuel for our brain. However, not all sources of carbohydrates are good for us! Use my guide to help you nourish your body with healthy carbs that not only provide you with energy but also provide other nutrients like fiber, protein and/or vitamins and minerals.

### HEALTHY

*choose always*

FRUITS

VEGETABLES

WHOLE WHEAT

BREAD

WHOLE WHEAT

PASTA

BROWN RICE

OATS

QUINOA

WILD RICE

AMARANTH

BARLEY

BUCKWHEAT

### NOT SO

### HEALTHY

*limit as much as possible*

WHITE BREAD

WHITE PASTA

WHITE RICE

SUGAR

SUGAR SWEETENED

BEVERAGES

COOKIES

CAKE

CANDY

CHOCOLATE