




## Carb Idea Shopping List


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


This is also by no means an “approved shopping list,” you are allowed to (and should!) eat many foods beyond the ones listed below. This is just to get some ideas going.

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.