



Carbohydrates Resources

Good Sources of Carbs For Breakfast and Lunch	Good Sources of Carbs For Dinner
½ cup small red potatoes	Spaghetti squash
½ cup brown rice	Zucchini
½ cup cooked oatmeal	Roasted tomatoes
1 slice Ezekial Bread	Cauliflower
1 small tortilla (Flat Out Wrap, Joseph's Lavash Wrap)	Broccoli
½ cup quinoa	Asparagus
½ cup pasta (mix with veggies to increase volume)	Cabbage

Glycemic Index charts

FRUITS

	Score	Type
Cherries	22	low
Grapefruit	25	low
Pear	37	low
Plum	38	low
Apple	39	low
Apple Juice	40	low
Strawberry	40	low
Peach	42	med
Orange	44	med
Grapes	46	low-med
Kiwi	52	med
Banana	54	low-high
Mango	56	med
Apricot	57	med
Raisins	64	med-high
Cantaloupe	65	med-high
Pineapple	66	med-high
Watermelon	72	high

VEGETABLES

Vegetable (100g)	Score	Type
Bell Peppers	10	low
Broccoli	10	low
Cabbage	10	low
Lettuce (average)	10	low
Mushroom	10	low
Onion	10	low
Asparagus	14	low
Green Beans	14	low
Artichoke	15	low
Cauliflower	15	low
Celery	15	low
Brussels sprouts	16	low
Potato, sweet	50	low-med
Yam	50	low-med
Sweet corn	55	med
Potato, boiled	56	med
Beet	63	high
Carrot	70	high
Potato, mashed	70	med
Potato, chips	75	high
Parsnip	98	high

HIGH GI FOODS

Food	Score	Type
Mashed potato	70	high
White bread	70	high
Bagel	72	high
Branflakes	74	high
Cheerios	74	high
French fries	75	high
Jelly beans	80	high
Rice cakes	82	high
Rice Krispies	82	high
Cornflakes	84	high
Puffed wheat	89	high
Baguette	95	high
Parsnips, boiled	97	high
White rice, steamed	98	high