

## Guide to Carbohydrates

<b>Refined Carbohydrates</b> <ul style="list-style-type: none"> <li>Highly processed</li> <li>Quickly absorbed, spiking blood glucose and insulin levels</li> </ul>	<b>Unrefined Carbohydrates – Starchy</b> <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>	<b>Unrefined Carbohydrates – Non-Starchy, Fibrous</b> <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>	<b>Carbohydrates – Fruit</b> <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 (<i>less than 10 to 20% of a meal</i>)</b>	<b>Should be the bulk of your diet</b>	<b>Stick to fruits with lower sugar content</b>
<p><b>Flour – All kinds:</b> Wheat, oat, legume (pea and bean), rice and corn flours breads, bagels, English muffins, cereals, pasta, beer.</p> <p><b>Fruit juices:</b> Except lemon/lime.</p> <p><b>Refined grains:</b> White rice, instant rice, polished rice, cream of wheat, instant oatmeal.</p> <p><b>Refined starches:</b> Corn starch, potato starch, modified food starch.</p> <p><b>Refined simple sugars:</b> White and brown sugar, honey, molasses, maple syrup, fructose, high-fructose corn syrup, soda, fruit juice concentrates.</p>	<p><b>Grains:</b> Rye, barley, buckwheat, spelt, black rice, basmati rice, parboiled rice, quinoa.</p> <p><b>Noodles:</b> Protein or vegetable-enriched.</p> <p>Shirataki noodles are a healthy alternative.</p> <p><b>Root Vegetables:</b> Potatoes, yams, sweet potatoes, parsnips, jicama, taro root, water chestnuts, Jerusalem artichoke, rutabaga, carrots, beets, onions, turnips, and daikon radishes.</p>	<p><b>Legumes and Lentils:</b> Good for vegetarians/vegans, otherwise limit if you are incorporating other protein sources.</p> <p><b>Non-root vegetables:</b> Asparagus, bell peppers (green, orange, purple, red, white, and yellow), broccoli, brussels sprouts, cauliflower, eggplant, and leafy greens. Also, fungi (mushrooms) are an excellent fibre.</p> <p><b>Seeds:</b> Chia seeds and hemp hearts (shelled hemp seeds).</p> <p>Pumpkin and sunflower seeds are very high in omega-six fatty acids. Excess consumption can lead to some very unwanted conditions.</p>	<p><b>Apples:</b> Contains <math>\frac{3}{4}</math> the sugar as a can of soda.</p> <p><b>Avocados:</b> Virtually no sugar. Just fat and fibre!</p> <p><b>Bananas:</b> Contains the same amount of sugar as a chocolate bar!</p> <p><b>Berries:</b> Strawberries, raspberries, and blackberries.</p> <p>Blueberries are okay, but are quite high in sugar.</p> <p><b>Olives:</b> Virtually no sugar. Just fat and fibre!</p>