

Guide to Carbohydrates

Refined Carbohydrates <ul style="list-style-type: none"> • Highly processed • Quickly absorbed, spiking blood glucose and insulin levels 	Unrefined Carbohydrates – Starchy <ul style="list-style-type: none"> • Occurs naturally • Digested into simple sugar molecules, absorbed quickly spiking blood glucose and insulin levels 	Unrefined Carbohydrates – Non-Starchy, Fibrous <ul style="list-style-type: none"> • Occurs naturally • Cannot be completely digested, absorbed slowly. Slower rise in blood glucose and insulin 	Carbohydrates – Fruit <ul style="list-style-type: none"> • Occurs naturally • Fruits may have naturally high sugar (fructose) content, which can be problematic.
Eat rarely, or only on special occasions	Eat infrequently and in small servings (<i>less than 10 to 20% of a meal</i>)	Should be the bulk of your diet	Stick to fruits with lower sugar content
<p>Flour – All kinds: Wheat, oat, legume (pea and bean), rice and corn flours breads, bagels, English muffins, cereals, pasta, beer.</p> <p>Fruit juices: Except lemon/lime.</p> <p>Refined grains: White rice, instant rice, polished rice, cream of wheat, instant oatmeal.</p> <p>Refined starches: Corn starch, potato starch, modified food starch.</p> <p>Refined simple sugars: White and brown sugar, honey, molasses, maple syrup, fructose, high-fructose corn syrup, soda, fruit juice concentrates.</p>	<p>Grains: Rye, barley, buckwheat, spelt, black rice, basmati rice, parboiled rice, quinoa.</p> <p>Noodles: Protein or vegetable-enriched.</p> <p>Shirataki noodles are a healthy alternative.</p> <p>Root Vegetables: Potatoes, yams, sweet potatoes, parsnips, jicama, taro root, water chestnuts, Jerusalem artichoke, rutabaga, carrots, beets, onions, turnips, and daikon radishes.</p>	<p>Legumes and Lentils: Good for vegetarians/vegans, otherwise limit if you are incorporating other protein sources.</p> <p>Non-root vegetables: 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>Seeds: 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>Apples: Contains $\frac{3}{4}$ the sugar as a can of soda.</p> <p>Avocados: Virtually no sugar. Just fat and fibre!</p> <p>Bananas: Contains the same amount of sugar as a chocolate bar!</p> <p>Berries: Strawberries, raspberries, and blackberries.</p> <p>Blueberries are okay, but are quite high in sugar.</p> <p>Olives: Virtually no sugar. Just fat and fibre!</p>