

Good Carbohydrates

1. Whole grain bread and rolls
2. Starchy Vegetables, such as peas, winter squash, corn, carrots, and potatoes
3. Non-starchy vegetables, such as broccoli, leafy greens, green beans and zucchini
4. Fruits
5. Whole grain pasta
6. Brown rice
7. Whole grain cereals such as oatmeal
8. Pinto beans
9. Cashews
10. Whole grain pilaf such as bulgur or Kashi
11. Popcorn (if of good quality, popped fresh, with healthy oil and served with a bit of unprocessed salt, if desired)