

Types of Carbs

There are three main types of carbs:

1. Starches
2. Sugars
3. Fiber

Starchy foods include:

- Starchy veggies
- Beans, peas, and lentils
- Grain foods

Starchy vegetables include:

- Corn
- Green peas
- Parsnips
- Plantains
- Potatoes and sweet potatoes
- Winter squash
- Yams
- Foods made from starchy vegetables like cassava or potato tortillas

Beans, peas, and lentils include:

- Black, pinto, and kidney beans
- Black-eyed peas
- Garbanzo beans (chickpeas)
- Red, brown, and black lentils
- Split peas

Starchy vegetables and beans, peas and lentils are very nutritious types of carbohydrate foods. They are high in valuable nutrients, such as fiber, potassium and antioxidants.



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Whole grain foods include:

- Whole grains
- Barley
- Bread and other baked goods made with 100% whole wheat flour
- Brown and wild rice
- Oats and oatmeal
- 100% whole grain cereal
- Pasta made with 100% whole wheat flour
- Popcorn
- Tortillas made with 100% whole wheat flour, 100% cornmeal, brown rice
- Bulgur, farro, wheat berries, buckwheat, millet, teff, kamut, sorghum
- Quinoa - technically a seed - but can be prepared and eaten like a grain!

Refined grain foods include:

- Bread and other baked goods made with white flour
- Pasta made with white flour
- White rice
- Instant oatmeal with added sugar
- Couscous



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Sugars include:

- Fruit sugar (fructose)
- Milk sugar (lactose)
- White, brown, and powdered sugar
- Corn syrup
- Maple syrup
- Honey
- Molasses
- Turbinado or raw sugar
- Agave (mostly fructose)

High-fiber foods include:

- Beans, peas, and lentils
- Veggies and fruits—especially ones that have skin or seeds that you eat
- Nuts, such as peanuts, walnuts, and almonds
- Seeds, such as flax, chia, and hemp
- Whole grain foods



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Get enough fiber

Fiber passes through your body without being digested. It fills you up without adding a significant amount of calories. Fiber is the only carb food that does not raise your blood sugar; in fact, it can lower your blood sugar.

Fiber also can lower your cholesterol, feed your healthy gut bacteria, and keep your bowel movements regular.

Try to get 25 to 30 grams of fiber each day. Check Nutrition Facts Labels to see how much fiber an item contains. Foods with at least 5g of fiber per serving are considered a good source of fiber.

Many of us don't get enough fiber. If you need to boost your fiber intake, increase it slowly, over time, and drink plenty of water. This will help prevent an upset stomach and constipation, and help your body adjust to consuming more fiber.

It's best to get your fiber from food, instead of from a supplement. That's because food has many nutrients, such as vitamins and minerals, besides fiber.

Limit sugars

Of the three types of carbs, sugars cause the biggest jump in blood sugar. Watching your sugar intake can effectively contribute to your whole body health, helping improve your blood sugar levels, as well as helping maintain a healthy weight.



**Try to make at least half of
your grains whole grains!**