

Guide to Choosing Carbohydrates



Carbohydrates are one source of fuel for your body's cells. They can be used as quick-burning fuel or be stored as fat for future use. All carbohydrates are composed of sugar molecules. They may be simple or complex molecules. Carbohydrates can be a part of a healthy, balanced diet.

CONSIDERATIONS:

Carbs can impact blood sugar and insulin levels: This is important to know to manage weight, diabetes, to control inflammation, for the immune system, thyroid health, adrenal health, cancer, candida, athletic performance, and many more aspects of overall health. Understanding the glycemic load of foods is important.

Carbs can be nutrient-depleting or nutrient-dense: Refined carbohydrate foods and sugars are empty calories and void of nutrients. In fact, your body has to expend energy and stored nutrients to process them. However, carbohydrate foods in whole form with natural sugars also provide a balance of nutritious vitamins, minerals, phytonutrients, and fiber.

MOST HEALTHY CARBS:

Natural, whole foods sources. Low glycemic. Nutrient dense. Low in toxins. Organic.

Less sugary & starchy: •colorful vegetables •berries •herbs and spices •grasses
•seaweed •root vegetables •fermented vegetables •stalk & bulb vegetables

More sugary & starchy: •fruits •soaked legumes •potatoes & yams •tapioca & arrowroot •rice
•plantains •sprouted non-glutinous grains •dark chocolate •coconut •nuts & seeds

Sweeteners (use sparingly): •molasses •maple syrup (grade B) •dates •real stevia •honey
•pureed fruits •coconut sugar

LEAST HEALTHY CARBS:

Processed or refined sources. High glycemic. Nutrient depleting. Toxins & Anti-nutrients.

Foods to avoid:

•refined grains and products (wheat, millet, barley, oats, rye, corn, etc.) •soda •dried fruits
•breads, pasta, cereal •chips & crackers •fruit juices •alcohol •ice cream •low-fat dairy
•peanuts •cookies, cakes, pastries •sugary condiments •candy •granola & bars

Sweeteners to avoid: •Foods ending in -ol, -ose, and -ide are sugars (ex. malitol, glucose)
•artificial sweeteners •table sugar (white and brown) •high fructose corn syrup •agave
•syrops •maltodextrin •caramel •malt sugars •many forms of sugar in the same product!