

Good Carbs, Bad Carbs

Vegetables

Good Carbs

- Dark leafy greens (all types, such as spinach, kale, lettuce, arugula, purslane, and bok choy)
- Onions
- Peas
- Mushrooms
- Asparagus
- Artichokes
- Peppers (all types)
- Cauliflower
- Broccoli
- Jicama
- Celery
- Eggplant
- Cabbage
- Brussels spouts
- Green beans
- Garlic
- Fennel
- Radish
- Sea vegetables such as wakame and dulse
- Cucumber
- Zucchini
- Summer squash
- Pumpkin
- Sweet potato*
- Root vegetables such as carrots and parsnips*
- Winter squash such as acorn*
- Tomatoes

Bad Carbs

- Potatoes

Fruits

Good Carbs

- Berries, such as blueberries, acai, strawberries, and blackberries
- Melons such as honeydew and cantaloupe
- Tropical fruits such as pineapple, mango, and papaya*
- Kiwi*
- Tree fruits such as apples and pears
- Citrus fruits such as oranges*, lemons, and limes
- Grapes
- Stone fruits such as cherries, peaches, apricots, and plums

Bad Carbs

- Dried fruits such as raisins and prunes
- Fruit juice
- Fruit leather

* Denotes higher glycemic food – eat in moderation

**Contains chemicals that may be harmful

Grains/Grain Products

Good Carbs

- Quinoa
- Whole wheat products
- Brown rice
- Amaranth
- Millet
- Sprouted grains
- Whole oats
- Wheat germ
- Bran
- Whole grain or sprouted grain bread products
- Whole grain pasta
- Low-carb pasta

Bad Carbs

- White rice
- White flour
- White bread
- Breakfast cereal
- Quick oats
- Couscous
- Pasta
- Baked goods like donuts, cakes, and muffins
- Corn
- Cream of wheat

Nuts/Seeds

Good Carbs

- Almonds
- Walnuts
- Pecans
- Brazil nuts
- Pine nuts
- Chia seeds
- Sesame seeds
- Sunflower seeds
- Macadamia nuts
- Flaxseed
- Pumpkin seeds
- Unsweetened nut butter
- Hazelnuts
- Tahini

Bad Carbs

- Corn nuts
- Honey roasted nuts
- Nuts with a sweet or candy coating
- Sweetened nut butters

Legumes

Good Carbs

- Peanuts
- Cashews
- Soybeans
- Kidney beans*
- Lima beans*
- Fava beans*
- Adzuki beans*
- Peas*
- Pinto beans*
- Black beans*
- Chickpeas*

Bad Carbs

- Sweetened peanut or cashew butter

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Dairy Products

Good Carbs

- Whole milk*
- Cream
- Cheese
- Unsweetened yogurt
- Sour cream
- Butter

Bad Carbs

- Ice cream
- Sweetened yogurt
- Skim, 1% and 2% milk

Snacks

Good Carbs

- Pickles
- Olives
- Whole grain crackers*

Bad Carbs

- Potato chips
- Pretzels
- Corn chips
- Popcorn
- Candy
- Cookies
- Rice cakes
- Crackers
- Granola bars

Condiments

Good Carbs

- Mustard (unsweetened)
- Mayonnaise
- Pickle relish (not sweet)
- Vinegar
- Oil and vinegar salad dressing
- Full fat creamy salad dressing, such as ranch
- Sriracha
- Soy sauce
- Worcestershire sauce

Bad Carbs

- Low fat salad dressings
- Ketchup
- Honey mustard
- Barbecue sauce

Sweeteners

Good Carbs

- Stevia
- Aspartame**
- Sucralose**
- Agave nectar

Bad Carbs

- Refined sugar (white and brown)
- Corn syrup
- Honey
- Maple syrup

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Beverages

Good Carbs

- Water
- Coffee
- Tea
- Diet soda**
- Dry wines
- Hard liquor

Bad Carbs

- Soda
- Juice
- Sweet tea
- Sweetened beverages
- Sweet wine
- Beer
- Drink mixers containing sugar

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