

Learning about Carbohydrates

These foods DO have carbohydrates

Bread, Pita Bread & Tortillas (all types)
Pancakes, Waffles, Popcorn
Cereal, Oatmeal, Cream of Wheat, Grits, Muffin
Pasta, Noodles, Rice, Grains, Barley, Bulgur
Hamburger Buns and Hotdog Buns
Flour, Cornstarch, Breading, Crusts, Croutons
Rolls, Croissants, Bagels, Biscuits, Cornbread
Crackers, Pretzels, Granola, Rice Cakes



Apples, Applesauce, Oranges, Bananas
Watermelons, Melons, Cantaloupe, Honeydew
Grapefruit (check with your doctor first)
Pineapple, Pears, Apricots, Peaches, Plums
Grapes, Dates
Berries, Cherries
Papaya, Mango, Kiwi



Milk (all types)
Buttermilk
Yogurt



Beans and lentils (most types)
Green Peas, Corn, Parsnips
Potatoes, Sweet Potatoes
Winter Squash



****High in Carbohydrate and Calories****

Many Sauces: BBQ, Teriyaki, Ketchup
Chips, Fries, Cheetos
Dried Fruit, Fruit Juice
Honey, Jam, Jelly, Jell-O
High Fructose Corn Syrup
Table Sugar, Brown Sugar
Sodas, Sports Drinks
Energy Drinks, Kool-Aid
Cookies, Candies, Cakes, Pies
Donuts, Cinnamon Rolls
Chocolate, Icing, Frosting
Ice Cream, Whipped Cream



These foods DON'T have carbohydrates (Or are very low in carbohydrates)

Salad, Lettuce, Spinach, Cabbage, Kale, Greens
Tomato, Onion, Green Onion, Pickle, Sprouts
Carrots, Beets, Radishes, Turnips
Baby corn, Bamboo shoots, Water Chestnuts
Green Beans, Italian Beans, Wax beans, Snow peas
Asparagus, Artichoke, Eggplant, Brussels Sprouts
Zucchini, Summer Squash
Broccoli, Cauliflower
Cucumbers, Pickles
Okra, Peppers (all types)
Mushrooms, Olives
Celery, Leeks
Sauerkraut
Avocado
Vegetable Juice
Garlic, Herbs, Spices, and Seasonings
Vegetable Oils, Canola Oil, Olive Oil
Vinegar, Mustard



Lemons, Limes

Nuts, Nut Butters, Cashews, Seeds
Tofu, Soy Protein
Eggs, Egg Substitutes
Fish, Tuna, Seafood
Chicken, Poultry, Turkey
Pork Chops, Ham
Beef, Hamburger, Steak
Lamb, Venison, Bison



Cheese, Cottage Cheese

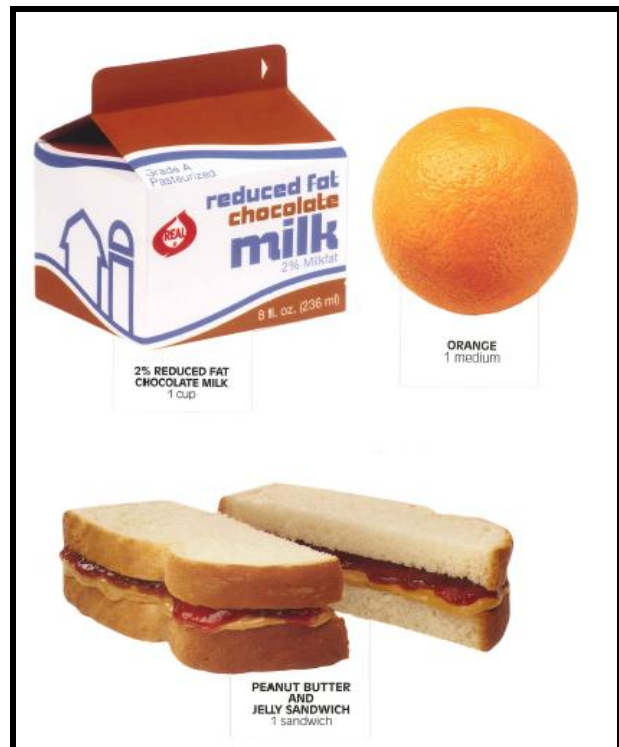
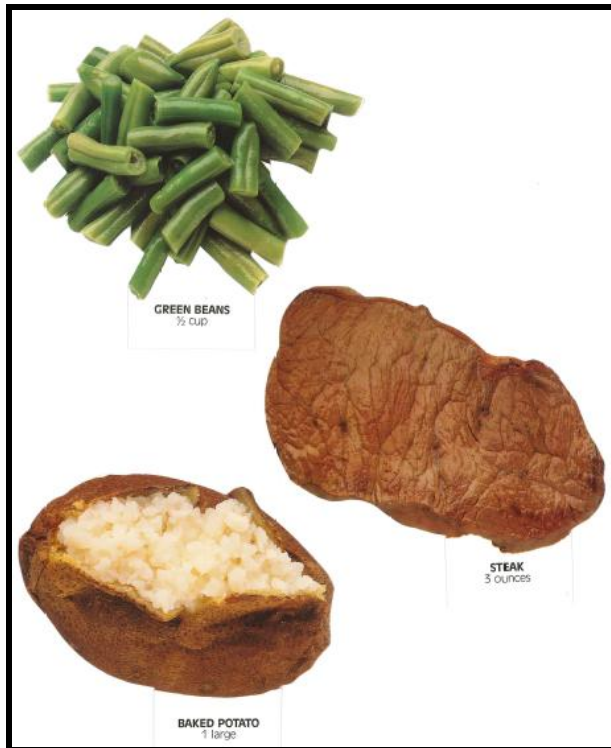


****Low in Carbohydrate, but High in Fat****

Mayonnaise
Creamy Salad Dressings, Creamy Sauces, Gravies
Whipping Cream, Cream Cheese, Sour Cream
Butter, Margarine, Lard, Shortening
"Partially Hydrogenated Oil," Transfats
Hot Dogs, Bacon, Sausage, Organ Meats
Coconut and coconut products



Which foods have Carbohydrate?



Do not restrict carbohydrates. They are necessary for healthy development.