### 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
- 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

- 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
Learning about Carbohydrates

Which foods have Carbohydrate?

---

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