

## Best Carb Choices

FOOD	PROTEIN (g)	CARBS (g)	FAT (g)	SUGAR (g)	FIBER (g)	SODIUM (g)
• Steel Cut Oatmeal	5.9	28.1	3.6	0.6	4	9.4
• Quinoa	8.1	39.4	3.6	1.6	5.2	13
• Groats	5.7	33.7	1	1.5	4.5	9.4
• Barley	3.5	44.5	0.7	0.4	6	10
• Black/Forbidden Rice	4.2	32.6	0.4	0.1	2.3	4.7
• Wild Rice	4	26	0	2	2	5
• Brown Rice	5	45	1.5	0.7	3.5	2
• Butternut Squash	1.8	21.5	0.2	4	6.6	8.2
• Vegetables	Low	Varies	Varies	Low	Varies	Low
• Sweet Potato (1 cup)	4.5	58.1	0.5	18.8	8.2	88.6
• Oat Bran 1/3 Cup Cry	5	28	2.5	0	4	0

### Important!

These figures reflect 1 cup cooked measurements (not dry) for your convenience.

## Better Carb Choices

FOOD	PROTEIN (g)	CARBS (g)	FAT (g)	SUGAR (g)	FIBER (g)	SODIUM (g)
• Old Fashion Oatmeal	5	27	3	1	4	0
• Ezekiel 4:9 Bread (1 slice)	4	15	0.5	1	3	80
• Barilla Whole Grain Pasta (2 oz. dry)	8	39	1.5	2	6	0
• Canned Black Beans (Reduced Sodium)	14	36	2	0	12	30
• Brown Rice Cake (Lightly Salted)	1	16	0.5	0	1	30
• Ezekiel 4:9 English Muffin (1 Muffin)	4	30	1	0	6	160

## The 20% Sugar Rule

This says that if the percentage of sugar is less than 20% of your daily carbohydrate intake, you are doing great!

Always aim for carbohydrate sources that are low in sugar and high in fiber. This is the difference between Fruity Pebbles and oatmeal.

### Fruity Pebbles vs. Oatmeal

Nutrition Facts	
About X servings per Container	
Serving size 1 cup (36g)	
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
<b>Total Carbohydrate 31g</b>	<b>11%</b>
Dietary Fiber 0g	0%
Total Sugars 12g	
Incl. 12g Added Sugars	25%
Protein 1g	

Nutrition Facts	
Serving size (46g)	
Amount Per Serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate 33g</b>	<b>12%</b>
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 2mg	10%
Potassium 175mg	4%

$$\frac{12 \text{ SUGARS}}{31 \text{ CARBS}} = 39\%$$

$$\frac{1 \text{ SUGARS}}{33 \text{ CARBS}} = 3\%$$

## Good Carb Choices

FOOD	PROTEIN (g)	CARBS (g)	FAT (g)	SUGAR (g)	FIBER (g)	SODIUM (g)
• White Rice	4.2	44.5	0.4	.1	.6	1.6
• Blueberries (1 cup)	1.1	21	0.5	15	3.6	0
• White Potato (1 cup)	3	25.8	0.2	1.4	3.6	0
• Cooked Grits (not instant)	2.9	32.2	0.9	0.2	1.6	4.7
• Mission White Corn Tortilla	1	10	0.8	1	1.5	5
• Dave's Killer Bread (1 slice)	5	25	3	5	4	170
• Kodiak Cakes Flapjack & Waffle (1 cup dry)	28	60	2	6	10	760
• Instant Oatmeal	5	27	3	1	4	115
• Wheat Bread (1 slice)	2	13	1	2	0.5	100
• Pasta & Other Flours	Varies	Varies	Varies	Varies	Varies	Varies

