

CHOOSE YOUR CARBOHYDRATES WISELY

Did I choose “smart carbs” today?



It's easy to keep track of your carbohydrate intake, and to work towards making “smart carb” choices. Just print off the worksheet on the next page. Write down any carbohydrates you eat. If it's a “smart carb” choice, tick it off. Then total it up to see how many “smart carb” choices you've made! Here's an example of how this might look. On the next page, you'll find a reminder list of “smart carb” choices.

MONDAY	TUESDAY
<input checked="" type="checkbox"/> oats	<input checked="" type="checkbox"/> Orange
<input type="checkbox"/> Juice	<input type="checkbox"/> Muffin
<input checked="" type="checkbox"/> Berries	<input checked="" type="checkbox"/> Apple
<input type="checkbox"/> Bagel	<input type="checkbox"/> White bread
<input checked="" type="checkbox"/> Lentil soup	<input type="checkbox"/> Cola
<input checked="" type="checkbox"/> Brown rice	<input type="checkbox"/> Cookie
<input type="checkbox"/>	<input checked="" type="checkbox"/> Black Beans
<input type="checkbox"/>	<input checked="" type="checkbox"/> Air-popped popcorn
TOTAL: 4	TOTAL: 4

Did I choose “smart carbs” today?

“Smart carbs” list

What makes these carbohydrates “smart”?

- They’re higher in fiber. This means they digest slowly, and don’t spike your blood sugar.
- They’re whole foods, or relatively unprocessed (i.e. whole grains are whole grains – the entire seed).
- Because they’re unprocessed, they contain beneficial nutrients – vitamins, minerals, and phytonutrients.
- They don’t contain refined sugars or syrups.

Type 1: High-fiber

Choose at least one of these options at each meal.

- Most vegetables
- Most fresh fruits
- Beans or lentils

Type 2: Sweeter & starchier

Have smaller portions, less frequently.

Starchy tubers

- Potatoes
- Sweet potatoes / yams*
- Taro
- Yuca

Sweet or starchy fruits

- Bananas
- Breadfruit
- Canned fruits
- Dried fruits
- Figs
- Plantains
- Raisins

Whole grains

- Amaranth
- Barley
- Brown rice
- Buckwheat groats (kasha)
- Corn (on the cob or kernels**)
- Kamut
- Millet
- Oat groats or steel-cut oats***
- Quinoa
- Spelt
- Red rice
- Wild rice

*Note: Sweet potatoes (often called yams) are much higher in fiber and vitamins/minerals than regular potatoes. They digest much more slowly (that’s good!) and are better for you. We’ve included them here, but we suggest you definitely consider them a “smart carb” and substitute them for regular potatoes when possible. Plus, they’re delicious!

**Includes air-popped popcorn.

***NOT instant oatmeal or rolled oats. These should look a bit like grains of brown rice rather than flat cereal flakes.

