



## Choosing Healthy Carbohydrates

Carbohydrates are a vital dietary component. The quality, rather than amount, of carbohydrate in the diet is the most important consideration.

- ❑ Focus on eating a variety of colorful foods daily.
- ❑ Emphasize eating whole foods—fruits, vegetables, legumes, and unprocessed grains—which are rich sources of phytochemicals found to play a vital role in preventing and treating chronic disease.
- ❑ Unprocessed grains and other foods rich in fiber help you feel fuller on fewer calories—thus, they can help you control your caloric intake, if weight loss or maintenance is a concern for you.

### BEST FRUITS

- ❑ Choose colorful fruits like berries, peaches, nectarines, oranges, pink grapefruit, red grapes, plums, pomegranates, cherries, apples, and pears for antioxidant and anti-inflammatory flavonoids and carotenoids.

### BEST VEGETABLES

- ❑ Select dark leafy greens, broccoli, cabbage, Brussels sprouts, cauliflower, carrots, beets, onions, peas, squashes, and sea vegetables: all are rich in antioxidants and anti-inflammatory components.

### INSTEAD OF THIS... TRY THIS...

Chips & Pretzels

**Red Bell Pepper, Celery, Jicama, Carrots**

These fresh, raw vegetables offer crunch without the calories, fat or glycemic load.

Cookies & Candy

**Unsweetened Dried Fruit, Dark Chocolate, Fresh Fruit**

All of these offer healthy compounds, but eat chocolate sparingly.

Ice Cream  
& Other Desserts

**Dark Chocolate, Fruit Sorbets, Fresh Fruit, Fruit Yogurt**

All offer healthy compounds or ingredients without unhealthy butterfat, flour, or oils.

Pasta

**Whole Grain Pasta, Bean Thread, Soba, Udon or Rice Noodles**

The glycemic index of pasta increases as it cooks, so eat it al dente (still a bit firm, with some “tooth” to it).

Potatoes

**Sweet Potatoes and Yams**

Both are actually sweet potatoes and both are healthier and carry lower glycemic loads.

Soda & Diet Soda

**Seltzer Water**

If you crave a carbonated drink, try cold seltzer with fresh fruit and a touch of natural sweetener.

Sugar

**Maple Syrup, Stevia**

Maple syrup is a less processed sugar and contains more nutrients, especially manganese and zinc—use in moderation. Stevia has no sugar (and no calories). Keep in mind, if you’ve been using sugar appropriately, there is no reason to reach for substitutes.