"Good" Carbs vs "Bad" Carbs: A Guide

It is helpful for some people to categorize carbs as good or bad. But your carb needs aren't as simple as "good" and "bad." Any food can have a place in your dietary pattern. But, some carbs offer more nutrition than others. So we have compiled this list of carbs according to their nutritional offerings. Above all, listen to your body, and choose a variety of carbs based on your own dietary needs and preferences.

### More Nutritional Value

- Green leafy vegetables
- Brussel sprouts
- Broccoli
- Green beans
- Asparagus
- Peppers
- Whole grains
- Sweet potatoes
- Quinoa
- White rice

### Less Nutritional Value

- Beans and legumes
- Berries (blueberries, raspberries, strawberries)
- Apples
- Bananas
- Citrus fruits
- Melon
- Cherries
- Peaches
- Grapes
- White potatoes
- Dried fruit
- Sugar-sweetened breakfast cereal
- Fruit juice
- Sweetened soda
- Hard candy