## "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	Beans and legumes
Brussel sprouts	Berries (blueberries, raspberries, strawberries)
Broccoli	Apples
Green beans	Bananas
Asparagus	Citrus fruits
Peppers	Melon
Whole grains	Cherries
Sweet potatoes	Peaches
Quinoa	Grapes
White rice	White potatoes
White Bread	Dried fruit
White flour	Sugar-sweetened breakfast cereal
Cakes and cookies	Fruit juice
Sweetened quick oats	Sweetened soda
Sweetened fruit leather	Hard candy

## **Less Nutritional Value**