# Good Carbs, Bad Carbs

## Vegetables

<table>
<thead>
<tr>
<th>Good Carbs</th>
<th>Bad Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Dark leafy greens (all types, such as spinach, kale, lettuce, arugula, purslane, and bok choy)</td>
<td>- Potatoes</td>
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<tr>
<td>- Onions</td>
<td></td>
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<tr>
<td>- Peas</td>
<td></td>
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<tr>
<td>- Mushrooms</td>
<td></td>
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<tr>
<td>- Asparagus</td>
<td></td>
</tr>
<tr>
<td>- Artichokes</td>
<td></td>
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<tr>
<td>- Peppers (all types)</td>
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<tr>
<td>- Cauliflower</td>
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<tr>
<td>- Broccoli</td>
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<tr>
<td>- Jicama</td>
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<tr>
<td>- Celery</td>
<td></td>
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<tr>
<td>- Eggplant</td>
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<tr>
<td>- Cabbage</td>
<td></td>
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<tr>
<td>- Brussels sprouts</td>
<td></td>
</tr>
<tr>
<td>- Green beans</td>
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</tr>
<tr>
<td>- Garlic</td>
<td></td>
</tr>
<tr>
<td>- Fennel</td>
<td></td>
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<tr>
<td>- Radish</td>
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<tr>
<td>- Sea vegetables such as wakame and dulse</td>
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</tr>
<tr>
<td>- Cucumber</td>
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<tr>
<td>- Zucchini</td>
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<tr>
<td>- Summer squash</td>
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<tr>
<td>- Pumpkin</td>
<td></td>
</tr>
<tr>
<td>- Sweet potato*</td>
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<tr>
<td>- Root vegetables such as carrots and parsnips*</td>
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<tr>
<td>- Winter squash such as acorn*</td>
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<tr>
<td>- Tomatoes</td>
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</tbody>
</table>

## Fruits

<table>
<thead>
<tr>
<th>Good Carbs</th>
<th>Bad Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Berries, such as blueberries, acai, strawberries, and blackberries</td>
<td>- Dried fruits such as raisins and prunes</td>
</tr>
<tr>
<td>- Melons such as honeydew and cantaloupe</td>
<td>- Fruit juice</td>
</tr>
<tr>
<td>- Tropical fruits such as pineapple, mango, and papaya*</td>
<td>- Fruit leather</td>
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<tr>
<td>- Kiwi*</td>
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<tr>
<td>- Tree fruits such as apples and pears</td>
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<tr>
<td>- Citrus fruits such as oranges*, lemons, and limes</td>
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<tr>
<td>- Grapes</td>
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</tr>
<tr>
<td>- Stone fruits such as cherries, peaches, apricots, and plums</td>
<td></td>
</tr>
</tbody>
</table>

* Denotes higher glycemic food – eat in moderation
**Contains chemicals that may be harmful
## Grains/Grain Products

**Good Carbs**
- Quinoa
- Whole wheat products
- Brown rice
- Amaranth
- Millet
- Sprouted grains
- Whole oats
- Wheat germ
- Bran
- Whole grain or sprouted grain bread products
- Whole grain pasta
- Low-carb pasta

**Bad Carbs**
- White rice
- White flour
- White bread
- Breakfast cereal
- Quick oats
- Couscous
- Pasta
- Baked goods like donuts, cakes, and muffins
- Corn
- Cream of wheat

## Nuts/Seeds

**Good Carbs**
- Almonds
- Walnuts
- Pecans
- Brazil nuts
- Pine nuts
- Chia seeds
- Sesame seeds
- Sunflower seeds
- Macadamia nuts
- Flaxseed
- Pumpkin seeds
- Unsweetened nut butter
- Hazelnuts
- Tahini

**Bad Carbs**
- Corn nuts
- Honey roasted nuts
- Nuts with a sweet or candy coating
- Sweetened nut butters

## Legumes

**Good Carbs**
- Peanuts
- Cashews
- Soybeans
- Kidney beans*
- Lima beans*
- Fava beans*
- Adzuki beans*
- Peas*
- Pinto beans*
- Black beans*
- Chickpeas*

**Bad Carbs**
- Sweetened peanut or cashew butter

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Dairy Products

**Good Carbs**
- Whole milk*
- Cream
- Cheese
- Unsweetened yogurt
- Sour cream
- Butter

**Bad Carbs**
- Ice cream
- Sweetened yogurt
- Skim, 1% and 2% milk

Snacks

**Good Carbs**
- Pickles
- Olives
- Whole grain crackers*

**Bad Carbs**
- Potato chips
- Pretzels
- Corn chips
- Popcorn
- Candy
- Cookies
- Rice cakes
- Crackers
- Granola bars

Condiments

**Good Carbs**
- Mustard (unsweetened)
- Mayonnaise
- Pickle relish (not sweet)
- Vinegar
- Oil and vinegar salad dressing
- Full fat creamy salad dressing, such as ranch
- Sriracha
- Soy sauce
- Worcestershire sauce

**Bad Carbs**
- Low fat salad dressings
- Ketchup
- Honey mustard
- Barbecue sauce

Sweeteners

**Good Carbs**
- Stevia
- Aspartame**
- Sucralose**
- Agave nectar

**Bad Carbs**
- Refined sugar (white and brown)
- Corn syrup
- Honey
- Maple syrup

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**Beverages**

**Good Carbs**
- Water
- Coffee
- Tea
- Diet soda**
- Dry wines
- Hard liquor

**Bad Carbs**
- Soda
- Juice
- Sweet tea
- Sweetened beverages
- Sweet wine
- Beer
- Drink mixers containing sugar

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