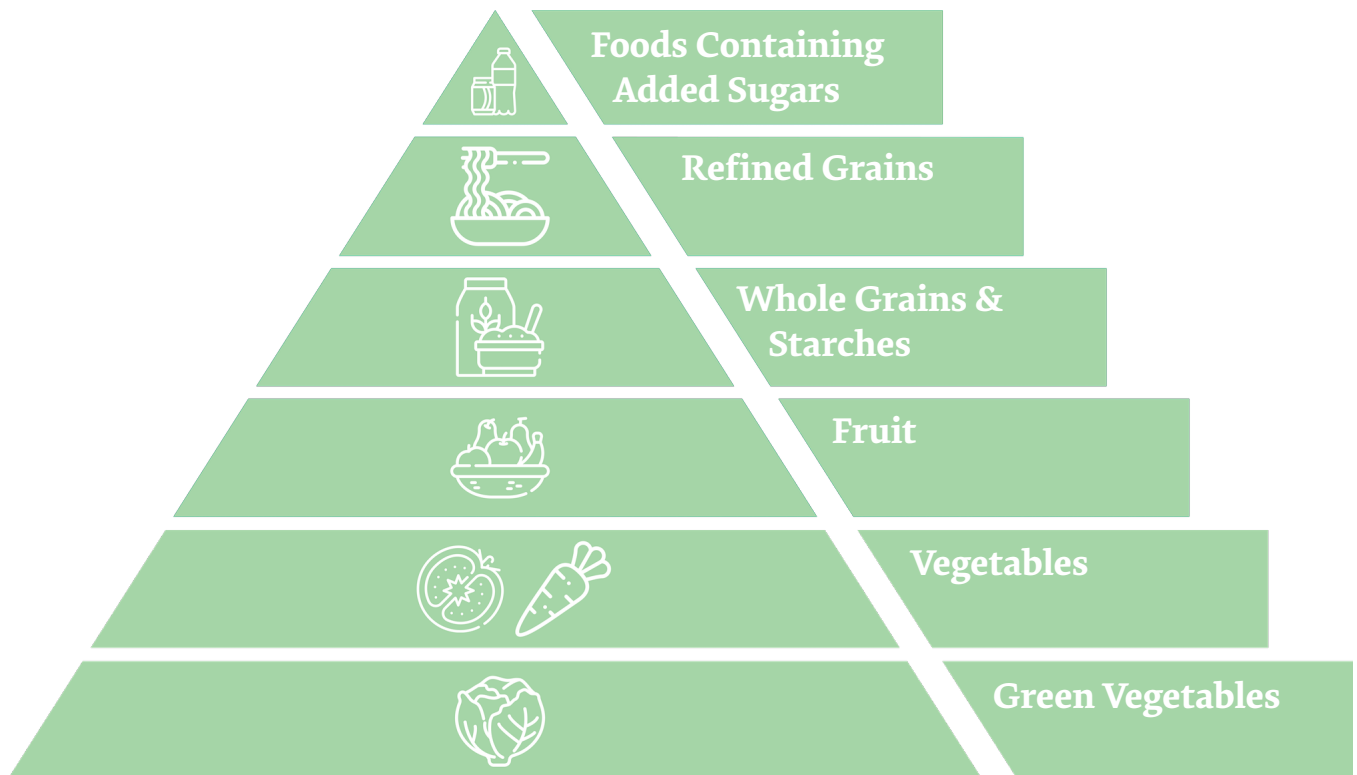


HIERARCHY OF CARBOHYDRATE



Foods Containing Added Sugars: The term ‘added sugars’ encompasses a large variety of foods. Once you start reading food labels you will be shocked at how many foods contain added sugars.

Refined grains: Refined grains are grains that have undergone processing such that the bran and germ are removed. The bran and germ are nutrient rich parts of grains that contain fiber and vitamins/minerals. Another downside of refined grains is that the carbohydrates in these grains are generally more easily assessable for faster digestion and absorption.

Whole Grains/Starches: This is the first group of quality carbohydrates that you will come to in the Hierarchy. Whole grain and starch-based carbohydrates include whole grain pasta, breads, brown rice, quinoa, buckwheat, corn tortillas, potatoes, and other similar foods. These foods are carbohydrate dense but generally lack the processing that removes fiber, vitamins, and minerals.

Fruit: All whole fruits are included in this category but not fruit juices. Drinking calories, even from fruits juices, should be limited as it is very easy to over consume these calories.

Vegetables: This group of carbohydrates includes all non-green vegetables. This category also includes beans/legumes even though they are not vegetables their nutritional characteristics mimic foods in this category the closest. Vegetables in this group would include: tomatoes, onions, butternut squash, corn, black beans, chickpeas, acorn squash, eggplant, and other similar foods.

Green Vegetables: These are your lowest carbohydrate foods. They contain a high fiber and water content making them not just low in carbohydrate but low in calories as well. Vegetables in this category include: broccoli, cabbage, scallions, peppers, Brussels sprouts, zucchini, kale, spinach, lettuce, and other similar foods.