

LMC Guide to Carbohydrate Sources

What is a carbohydrate?

This is the nutrient in food that breaks down into sugar in our body.
Carbohydrate containing foods have the most impact on our blood sugars.

These foods contain carbohydrates:

1| Grains & Starches



bread, bagels



pasta



potatoes, yams,
sweet potatoes



cold & hot cereals



corn



pita, roti, paratha



rice, quinoa, bulgur, couscous
& other grains



cassava, plantain,
green bananas



pizza dough,
anything made from flour

2| Fruits



any fresh fruit



berries



dried fruits



apple sauce, pureed fruits,
canned fruits

3| Milk & Yogurt



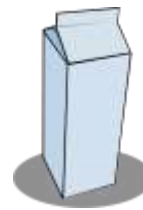
yogurt
plain & flavoured



milk



yogurt drinks



soy milk



kefir,
other cultured products

4| Sweets & Others



candies,
chocolate



soda



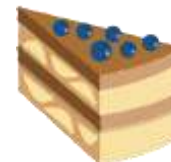
fruit juice



pretzels,
crackers, other
salty snacks



french fries,
potato chips



cakes, cookies,
pastries

These foods do NOT contain carbohydrates (or contain very little):

1| Vegetables



most vegetables except for corn and potatoes

2| Meat & Proteins



fish



tofu,
other soy products



meat



chicken



beans, legumes
*mostly a protein food, but
contains moderate amount
of carbohydrates



eggs



nuts



peanut butter,
other nut butters



cheese

3| Fats



butter, lard



avocadoes



margarine,
vegetable shortening



oils



bacon

Do I need to avoid carbohydrates?

NO. These foods are needed to supply our body with energy. But you can help manage your blood sugars by watching your portions and choosing the healthier kinds of carb foods.