

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 & Yoqurt



yogurt plain& flavoured



milk



yogurt drinks



soy milk



other cultured products

4| Sweets & Others



candies, chocolate



soda



fruit juice



crackers, other salty snacks



french fries, potato chips



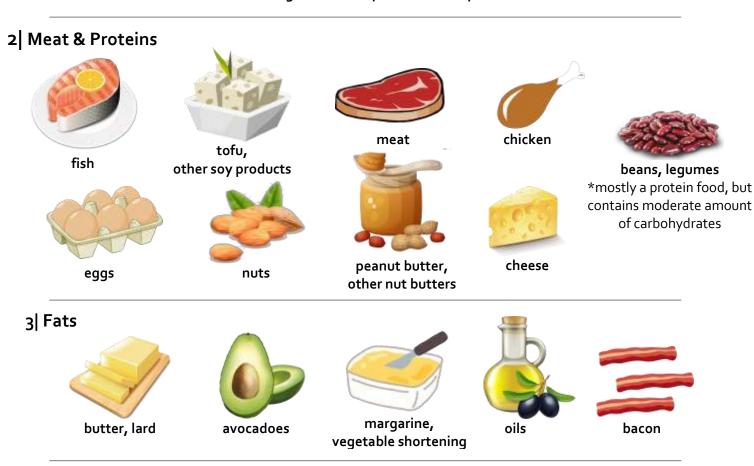
cakes, cookies, pastries



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



most vegetables except for corn and potatoes



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.

