

Food Suggestions

Carbohydrates, Grains and Starch (Sugars) = 25% of Plate

Eat These

- Beans (kidney, garbanzo, black, white, pinto, soy, black-eyed peas)
- Brown rice
- Lentils (any color)
- Oatmeal: Quaker Oats Old Fashioned or Bob's Red Mill Rolled Oats or steel cut oats
- Quinoa
- Unsalted low-fat butter popcorn
- Unsalted pretzels
- Wheat bread
- Wheat pita bread
- Wheat tortilla
- Whole wheat cereal
- Whole wheat noodles
- Whole wheat pasta

Limit/Don't Eat These

- Candy
- Flavored/sweetened oatmeal or cereals
- Fruit drinks and juices
- Flour/corn tortillas
- Hamburger Helper
- Instant noodles
- Items with corn syrup or high fructose corn syrup
- Items with white flour
- Jelly and jams
- Macaroni and cheese
- Pop-Tarts/Hot Pockets
- Regular pasta
- Regular sodas
- Sweet bakery goods
- White bread
- White rice

