

COMPLEX CARBOHYDRATES VS REFINED CARBOHYDRATES AND LOW CARBS

CARBOHYDRATES

REFINED CARBOHYDRATE LIST –

REFINED AND SIMPLE SUGARS (often called “added sugars”)- BE WARE OF THE “BROWN VS WHITE” CARBOHYDRATE.

- Table sugar/white sugar (aka sucrose; may be cane sugar or beet sugar)
- Confectioner’s sugar (powdered white sugar)
- Honey (Even though honey exists in nature and isn’t refined, it is a pure sugar that is difficult to obtain in significant quantities without special equipment or risk. Honey affects our health in exactly the same way that other sugars do.)
- Agave syrup
- Corn syrup and high-fructose corn syrup
- Brown sugar
- Molasses
- Maple syrup
- Fruit juice concentrates
- Processed foods and snacks
- tacos
- corn chips
- wraps
- pizza
- croissants
- pasta (of all kinds, brown or white)
- rolls
- muffins
- flour (of all kinds, brown or white)
- crumpets
- pastries
- bagels
- bread (of all kinds, brown or white)
- buns
- pretzels
- doughnuts
- cookies
- biscuits
- cakes
- polished rice
- wheat
- all products containing wheat
- corn
- cornflour starch
- all products containing corn
- candy
- toffee
- sweets
- potato chips
- batter
- breadcrumbs
- pastry
- pastries
- desserts
- jams
- jelly
- jello
- dumplings



COMPOSED AND APPROVED

- pasty/pastie
- pies
- batter
- all sugars
- all products containing sugar
- granola bars
- breakfast bars
- cereals
- soft drinks
- sodas
- foods containing corn syrup
- sugary drinks
- cordials
- store bought cooked meats/cold cuts if they have added sugars and additives)
- sausages/hot dog frankfurters if they contain carbohydrate fillers, additives, or sugar.

COMPLEX CARBOHYDRATE LIST-

How to Identify Complex Carbs

Complex carbs are usually the colored version of your “white” carbs. For instance, you have white rice and brown rice or white bread and brown bread. The color comes from nutrients so you can take a closer look by analyzing the nutritional labels. Complex carbs are more likely to have about 3 grams of fiber or more per serving. There are also more likely to have several trace minerals and vitamins, as well as, lower levels of sodium.

Look out for terms, such as whole grain, whole wheat, multigrain and brown. These are terms used for “good” carbs. Keep an eye out and avoid added sugars, which are sometimes called fructose, sucrose and general labels ending with “ose”. Complex carbohydrates can lose their nutritional value through cooking methods, such as deep-frying.

Low Carb Vegetables

- Sprouts, alfalfa and other small seeds (sprouted legumes have more carb)
- Greens – lettuce, spinach, chard, etc.
- Hearty Greens - collards, mustard greens, kale, etc.
- Radicchio and endive count as greens
- Herbs - parsley, cilantro, basil, rosemary, thyme, etc. (you can usually count these as free foods)
- Bok Choy
- Celery
- Radishes
- Sea Vegetables (Nori, etc)
- Mushrooms
- Cabbage (or sauerkraut)
- Jicama
- Avocado
- Asparagus
- Okra
- Cucumbers (or pickles without added sugars)
- Green Beans and Wax Beans
- Fennel
- Cauliflower
- Broccoli

- Green Bell Peppers
- Red Bell Peppers
- Jalapeno Peppers
- Summer Squash
- Zuchinni
- Brussels Sprouts

Low Carb Fruits

- Raspberry
- Strawberry
- Blueberry (in moderation)
- Blackberry

- Banana (in moderation)

- Cantaloupe
- Watermelon
- Pineapple
- Mango
- Clementine
- Cherries
- Kiwi
- Cherries
- Coconut
- Lemon
- Plum
- Peach
- Orange
- Apple
- Pear
- Grapes (in moderation)

