

Higher Carb Food List

Breakfast Foods

Hot or cold cereal	Rice
Milk	Syrup
Fruit	Jelly
Fruit juice	Yogurt
Bread, biscuit, bagel, muffin	Hot Chocolate
Waffles	Pop tarts
Pancakes	Breakfast bars
Tortilla	Instant breakfast

Lunch and Dinner

Potatoes	Bread, roll, tortilla
Rice	Pretzels
Pasta (noodles, spaghetti, macaroni)	Chips
Beans (pinto, white, black)	Milk
Corn	Fruit
Peas	Juice

Sweets

Ice cream
Pie
Pudding
Cake
Cookies
Candy
Soda
Sweet tea

Lower Carb Foods

- ✓ You can eat all you want of these foods!
- ✓ These lower carb foods are healthy and low in calories
- ✓ These foods don't raise your blood sugar very much

Alfalfa sprouts

Artichoke/artichoke hearts

Asparagus

Green beans or yellow

Bean sprouts

Beets

Broccoli

Brussels sprouts

Cabbage

Cauliflower

Celery

Cucumber

Eggplant

Greens

Lettuce

Leeks

Mushrooms

Okra (boiled)

Onions

Peppers

Radish

Rhubarb

Snow peas

Spinach

Squash

Sugar snap peas

Tomatoes

Turnip

Zucchini

Water

Diet drinks, sugar free Kool Aid