

Good Carbohydrates List

Asparagus	Collard Greens	Onions	Apricots	Guava	Plums
Avocado	Corn	Potatoes and Sweet Potatoes	Bananas	Kiwifruit	Raisins
Beets	Cucumbers	Pumpkin	Strawberries	Limes and Lemons	Watermelon
Bell Peppers	Eggplant	Romaine Lettuce	Cantaloupe	Mangoes	Beans and Legumes
Broccoli	Garlic	Spinach	Cherries	Nectarines	Raw Nuts and Seeds
Brussels Sprouts	Green Beans and Green Peas	Squash	Dates	Oranges	Fat Dairy
Cabbage and Cauliflower	Mushrooms	Tomatoes	Figs	Papayas	Whole-Grain Pasta
Carrots	Mustard greens	Watercress	Fruit juices	Peaches and Pears	Brown Rice
Celery	Okra	Zucchini	Grapefruit	Persimmons	Blackberries
Collard Greens	Olives	Apples	Grapes	Pineapple	Raspberries