



# Choosing Healthy Carbohydrates

Carbohydrates are a vital dietary component. The quality, rather than amount, of carbohydrate in the diet is the most important consideration.

- Focus on eating a **variety of colorful foods** daily.
- Emphasize eating **whole foods**—fruits, vegetables, legumes, and unprocessed grains—are rich sources of phytochemicals found to play a vital role in preventing and treating chronic disease.
- Unprocessed grains and other **foods rich in fiber** help you feel fuller on fewer calories—thus, they can help you control your caloric intake if weight loss or maintenance is a concern for you.

<b>Instead of this...</b>	<b>Try this...</b>
Chips & Pretzels	<b>Red Bell Pepper, Celery, Jicama, Carrots</b> These fresh, raw vegetables offer crunch without the calories, fat or glycemic load.
Cookies & Candy	<b>Unsweetened Dried Fruit, Dark Chocolate, Fresh Fruit</b> All of these offer healthy compounds, but eat chocolate sparingly.
Ice Cream & Other Desserts	<b>Dark Chocolate, Fruit Sorbets, Fresh Fruit, Fruit Yogurt</b> All offer healthy compounds or ingredients without unhealthy butterfat, flour or oils.
Pasta	<b>Whole Grain Pasta, Bean Thread, Soba, Udon or Rice Noodles</b> The glycemic index of pasta increases as it cooks, so eat it al dente (still a bit firm, with some “tooth” to it).
Potatoes	<b>Sweet Potatoes and Yams</b> Both are actually sweet potatoes and both are healthier and carry lower glycemic loads.
Soda & Diet Soda	<b>Seltzer Water</b> If you crave a carbonated drink, try cold seltzer with fresh fruit and a touch of natural sweetener.
Sugar	<b>Agave Syrup, Stevia</b> Agave syrup has a lower glycemic index but is still a sugar—use in moderation. Stevia has no sugar (and no calories). Keep in mind, if you’ve been using sugar appropriately, there is no reason to reach for substitutes.

## Best Fruits

Choose colorful fruits like berries, peaches, nectarines, oranges, pink grapefruit, red grapes, plums, pomegranates, cherries, apples and pears for antioxidant and anti-inflammatory flavonoids and carotenoids.

## Best Vegetables

Select dark leafy greens, broccoli, cabbage, Brussels sprouts, cauliflower, carrots, beets, onions, peas, squashes and sea vegetables: all are rich in antioxidants and anti-inflammatory components.