What are carbohydrates?
Carbohydrates are the body’s main source of fuel. They give us energy to use or to be stored to use later. Most carbohydrate foods also have health-giving vitamins and minerals.

Which vegetables count as a carbohydrate choice?
There are two main types of vegetables: starchy and non-starchy.

Starchy Vegetables include:
- Potatoes
- Corn
- Peas
- Sweet potato
- Winter squash
- Lima beans

The starchy vegetables are considered carbohydrate choices. Because they have more carbohydrates in them, they belong in the starch/bread/grain group. Starchy vegetables are still a good choice to include in your meal plan. Just like non-starchy vegetables, these vegetables provide the body with vitamins, minerals, fiber and phytochemicals. Pick bright colored starchy vegetables as your carbohydrate choice for the starch/bread/grain group!

Non-Starchy Vegetables include:
- Salad greens
- Spinach
- Broccoli
- Carrots
- Tomatoes
- Cauliflower
- Cabbage
- Green beans
- Peppers
- Cucumbers

When picking which vegetable to eat, remember that fresh and frozen vegetables are your best choices. If using canned vegetables, pick the ones that say “low

Carbohydrates can be found in three different food groups:
1. Starch/bread/grain group
2. Fruit group
3. Dairy group

Try to include one serving of a carbohydrate from each of these groups at each meal:

Starch/Bread/Grain Group:
1 slice bread, 1/3 cup cooked rice, 1/2 cup corn

Fruit Group:
1 small fresh fruit, 1/4 cup dried fruit [raisins, prunes, apricots], 1/2 cup 100% juice

Dairy Group:
1 cup lowfat milk, 2/3 cup fruit-flavored lowfat yogurt sweetened with non-nutritive sweetener
Choose carbohydrates that are packed with nutrients, and those that are high in fiber such as vegetables, fruits, whole grains, and beans. Carbohydrates such as whole grains and beans are digested slowly and are used by the body over a steady period time.

Look below to see which carbohydrates you should choose. These carbohydrates should be included as part of a high-quality diet. Choosing healthy carbohydrates may provide the nutrients to prevent sickness, decrease recovery time from illness, and improve overall quality of life.

Try these carbohydrate choices:
• 1 slice whole wheat bread
• 1 6-inch corn or whole wheat tortilla
• 1/2 cup “old fashioned” oatmeal
• 1/3 cup whole-wheat pasta
• 1/3 cup brown rice
• 1/3 cup cooked black beans or peas
• 3 cups popped popcorn

Instead of these carbohydrate choices:
• 1 slice white bread
• 1 6-inch white flour tortilla
• 1/2 cup instant flavored oatmeal
• 1/3 cup of durum wheat (white) pasta
• 1/3 cup white rice
• 1/3 cup baked beans with molasses and bacon
• 3 cups potato chips

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Sources:

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