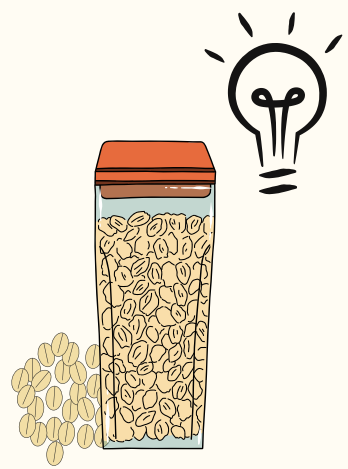


THE GOOD CARBS TOP 10

1 OATS

Oats are rich in soluble fiber (especially beta-glucan), which helps lower cholesterol, supports heart health, and promotes steady blood sugar levels by slowing digestion.



2 SWEET POTATOES

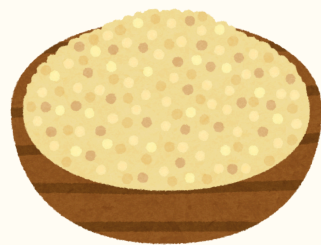
Sweet potatoes are a source of complex carbohydrates with a low glycemic index (GI), meaning they provide a slow, steady release of energy. They are also high in vitamins (like vitamin A) and antioxidants.



3

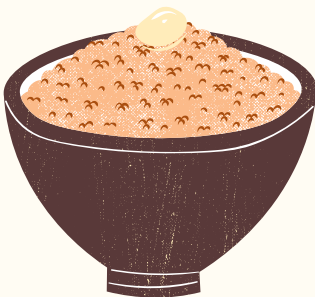
QUINOA

Quinoa is a complete protein containing all nine essential amino acids and is high in fiber. Its complex carbohydrates provide sustained energy without causing rapid spikes in blood sugar.



4 BROWN RICE

Brown rice is a whole grain that retains the bran and germ layers, which contain fiber, vitamins, and minerals. Its slow-digesting carbohydrates are better for blood sugar regulation compared to white rice.



5

LENTILS

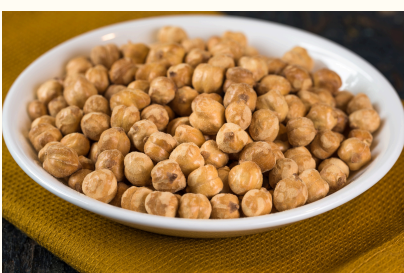
Lentils are packed with complex carbohydrates, fiber, and protein, offering long-lasting energy. They also have a low glycemic load, which supports blood sugar stability and promotes gut health.



6

CHICKPEAS

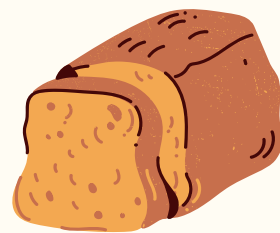
Chickpeas are high in fiber and protein, which help with digestion, blood sugar control, and satiety. Their slow-digesting carbohydrates provide energy without causing rapid sugar spikes.



THE GOOD CARBS TOP 10

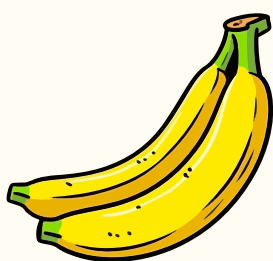
7 WHOLE WHEAT BREAD

- Whole wheat bread retains the entire grain, including the fiber-rich bran. The fiber and complex carbs make it a more nutrient-dense option than refined white bread, aiding digestion and maintaining steady energy levels.



8 BANANAS

Bananas provide natural sugars (fructose) along with fiber, which slows the absorption of sugar into the bloodstream. They are also a good source of potassium, important for muscle function and hydration.



9

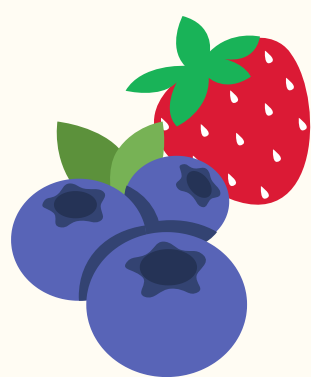
BARLEY

Barley is rich in soluble fiber, especially beta-glucan, which helps lower cholesterol and improve heart health. Its complex carbohydrates offer slow-digesting energy, making it great for blood sugar regulation.



10 BERRIES (E.G., BLUEBERRIES, STRAWBERRIES)

Berries are relatively low in sugar compared to other fruits and contain fiber, which helps slow the absorption of sugars. They are also packed with antioxidants that support overall health and protect against oxidative stress.



THESE FOODS PROVIDE NOT ONLY CARBOHYDRATES BUT ALSO ESSENTIAL NUTRIENTS LIKE FIBER, VITAMINS, AND MINERALS, MAKING THEM GREAT OPTIONS FOR A BALANCED AND HEALTHY DIET.