



## SIMPLE PROCESSED CARBOHYDRATES



Limit foods made with white flour and refined sugar, the "white stuff" like white bread, crackers, rice, pasta, flour tortillas, most cakes, cookies, sweet bread and sopaipillas. They raise the blood sugar very rapidly. Instead, choose **whole** grains. Whole grains raise the blood sugar very slowly. Look for the word "**whole**" on the package (100% whole wheat) or as the first ingredient. Choose grains with:

### 10% or more fiber

Some Examples of Whole Wheat or Whole Grains:

- Bread: Sara Lee, Earthgrains, Pepperidge Farm
- Crackers: Triscuit, Rye Krisp, Ak-Mak, Kavli crackers
- Cereals: Cheerios, Total, All Bran, Oatmeal cereals
- Pasta: Great Value, Creamette, Ronzoni WW pastas
- Tortillas: Mission, Santa Fe whole wheat tortillas
- Rice: Uncle Ben's brown rice

**NOTE: Add vegetables to plain pasta and rice to increase fiber, or have a fresh green salad with lots of veggies.**

