

# Examples of Nutrient-Dense/Fiber-Rich and Refined Simple and Complex Carbohydrates

Nutrient and Fiber-Dense Carbohydrate-Rich Food Choices (Consume More Often)	
Simple Carbohydrates	Complex Carbohydrates
<p><b>Fruits</b>, fresh or frozen, such as apples, bananas, strawberries, blackberries, blueberries, raspberries, cherries, kiwis, oranges, pears, peaches, watermelon, cantaloupe, honey dew, mango, papaya</p> <p><b>Dried Fruit</b></p> <p><b>100% Fruit Juices</b></p> <p><b>Dairy products</b> like milk, yogurt, kefir</p> <p><b>Fruit Smoothies</b></p>	<p><b>Whole grains</b> such as brown rice, quinoa, barley, Farro, and oats</p> <p><b>Starchy vegetables</b> such as potatoes, sweet potatoes, yucca, corn, green beans</p> <p><b>Legumes &amp; Beans</b> such as lentils, black beans, pinto beans, kidney beans, edamame</p> <p><b>100% Whole Grain products</b> such as breads, rolls, wraps, tortillas, bagels, pastas, noodles</p> <p><b>Vegetables</b> such as asparagus, broccoli, carrots, cauliflower, spinach, kale, romaine, mushrooms, zucchini, onions, Peppers, squash, tomatoes, celery</p>
Refined and Fiber-Poor Carbohydrate-Rich Food Choices (Consume Less Often)	
Simple Carbohydrates	Complex Carbohydrates
<p>Sugar (table sugar)</p> <p>Jam, Jelly</p> <p>Honey</p> <p>Nutella</p> <p>Fruit drinks</p> <p>Syrups, maple and pancake/waffle</p> <p>Soft drinks</p> <p>Candy</p> <p>Sports Gels</p> <p>Sports Beverages</p> <p>Ice cream</p>	<p>French fries</p> <p>Baked goods such as pastries, muffins, cakes, cookies, cupcakes, and desserts</p> <p>Breads, pastas, noodles, etc. made with refined flours</p>