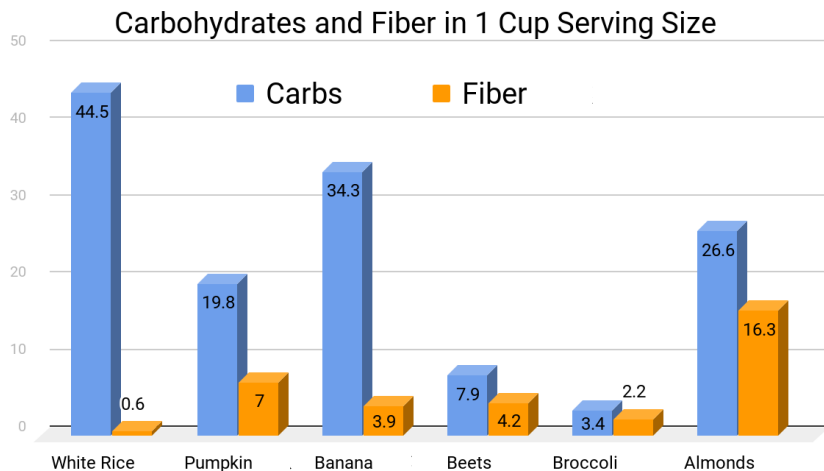


Choose foods wisely based on carbohydrates and fiber



High fiber foods help lower the rise of blood sugar. Stable levels of glucose and insulin may prevent feelings of hunger between meals.

1 cup



Size of a fist



Serving size of the following is 1 cup

	Carbs (g)	Fiber (g)		Carbs (g)	Fiber (g)
White Rice	44.5	0.6	Cabbage	2	2
Brown Rice	44.8	3.5	Pea	25	8.8
White Pasta	43.3	2	Almonds	26.6	16.3
Oatmeal	27	4	Banana	34.3	3.9
Corn	22.3	2.4	Grapes	27.3	1.4
Broccoli	3.4	2.2	Apple	17.3	3
Beets	7.9	4.2	Blueberry	21.1	3.6
Black Beans	40.8	15	Flaxseed	48.5	45.9



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