

CARBHYDRATES

**NON-DIGESTIBLE
(FIBER)**

Highest in beans and grains. Small to moderate amount in fruits, vegetables, nuts and seeds.

No fiber in animal products: Meat, Dairy, and Eggs

DIGESTIBLE

**COMPLEX
(STARCH)**

Starchy Vegetables like potatoes, squash, and peas.

Grains: Oats, brown rice, wheat, quinoa, barley, millet, sorghum, farro, bulgar

SIMPLE

Processed sugar like beet sugar or cane sugar (white sugar)

Natural such as those found in fruit (glucose and fructose sugars)