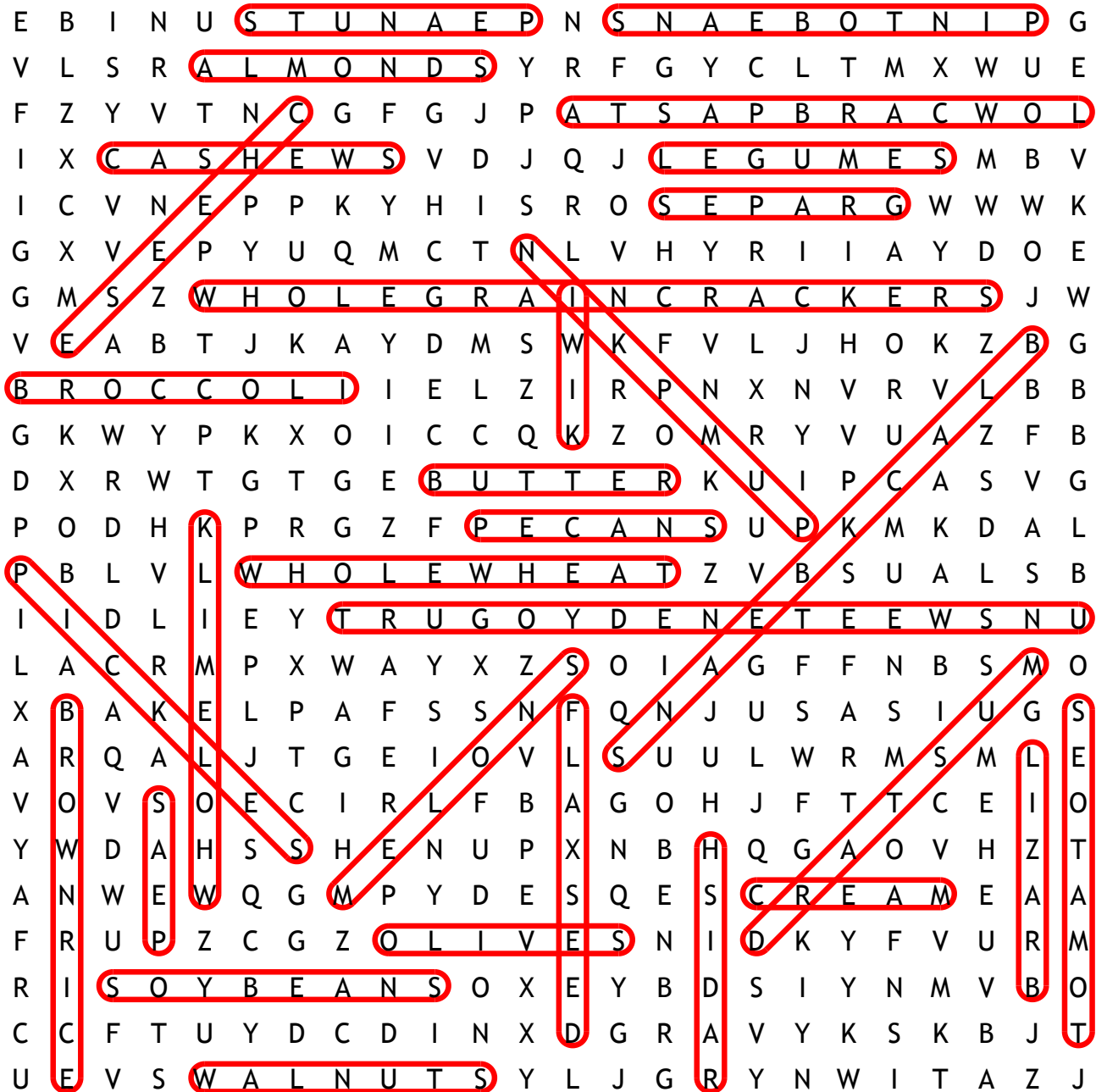


Name: _____

Date: _____

Good Carbs



whole grain crackers
Whole Wheat
soybeans
mustard
legumes
olives
pecans
cream

unsweetened yogurt
whole milk
flaxseed
pickles
pumpkin
butter
Grapes
Kiwi

low carb pasta
blackbeans
Broccoli
cashews
walnuts
cheese
Melons
Peas

pinto beans
Brown rice
Tomatoes
peanuts
almonds
brazil
Radish