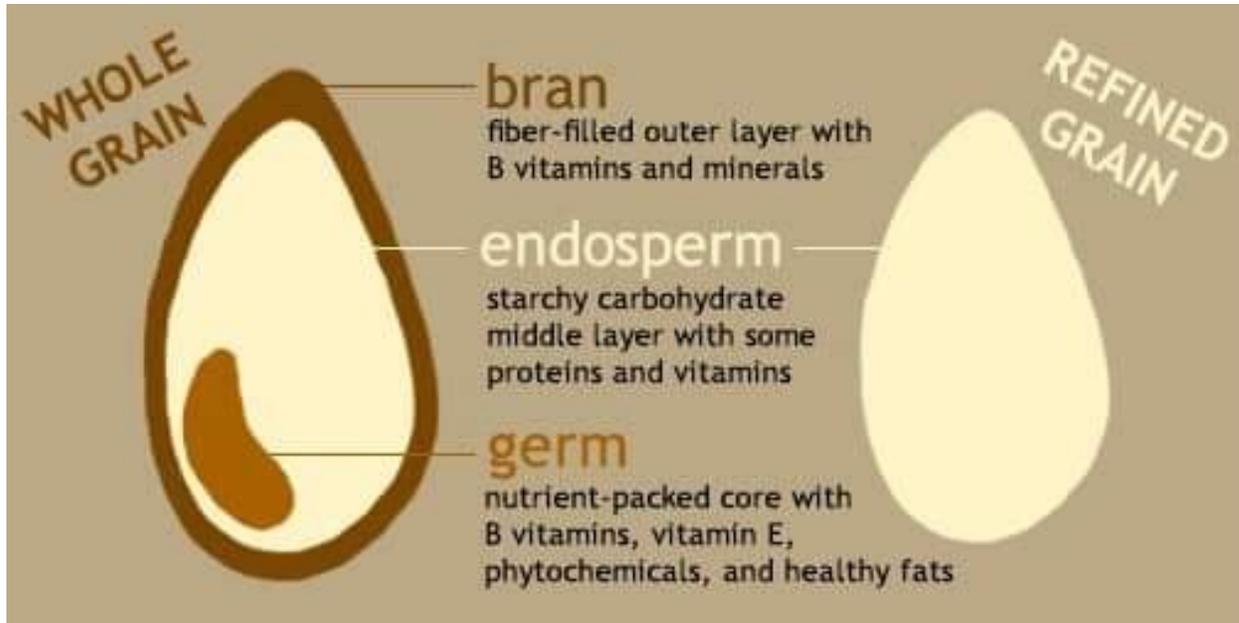


Processed Carbs



A processed carbohydrate is not a regular carbohydrate. It is a food that has been broken down into some of its most simple components and your body does not have to break much down to turn it into sugar. In fact, your stomach acid turns it to sugar resulting in a reward response and increased hunger 2 hours later.

Instead of....	Try.....
White Rice	Riced Cauliflower Brown or Wild Rice Quinoa
Crackers	Baked Potato or Sweet Potato Baked Kale Whole grain or corn tortilla baked in the oven
Regular Pasta	Spaghetti Squash or Zucchini Spirals Whole Grain or Whole Wheat Pasta
White Bread (ignore the All or 100% wheat)	Whole Grain or Whole Wheat Bread Dave's Killer Bread
Cereal	Whole Grain Cereals with < 2g sugar
Instant Oatmeal	Steel-cut or rolled oats with cocoa powder and cinnamon and monk fruit
Chips	Baby Carrots, Cauliflower, Broccoli, Chopped Bell Pepper Whole grain or corn tortilla baked in the oven
Nutri Grain Bars or Breakfast Bars	Blueberries, Blackberries, Strawberries Protein Bars or Protein Shakes