

Well-Being Program Nutrition Support

Carbohydrate Choices

Enjoy



Blueberries



Oranges



Chickpeas



Oats



Beans



Grapefruit



Beets



Sweet potatoes



Buckwheat

Avoid



Cereal



Fruit juice



White rice



Candy



Ice cream



Sports drinks



Cakes/cookies



French fries



Sodas



Potato chips



White bread



Refined pasta