

Carb Reference Chart

Adapted from The Truth About Carbs: Their Role in Healthy, Long-Term Weight Loss, New York: WeightWatchers International, Inc., copyright 2003.

Type of Food	Examples	Type of Carb	Also Provides
Whole Grains	Brown Rice Whole-wheat Pasta 100% Whole-wheat Bread Rolled Oats High-fiber Breakfast Cereal	Concentrated, starchy (complex) carbs, minimally processed	<ul style="list-style-type: none"> ◆ Calories ◆ Essential Nutrients ◆ Fiber ◆ Minerals ◆ Vitamins ◆ Very good eating satisfaction
Whole Vegetables	Lettuce Tomatoes Beans Carrots Corn Baked Potatoes	Less concentrated starchy carb, minimally processed	
Whole Fruits	Peaches Apples Berries Melons	Natural sugars, minimally processed	
Dairy Products	Milk Unsweetened Yogurt		
Refined Grains	Traditional Breads, Cereals and Pastas made from Processed Flour White Rice	Concentrated starchy carbs, processed in a form that removes some nutrients	<ul style="list-style-type: none"> ◆ Calories ◆ Some Nutrients (kept or added back after processing) ◆ Convenience
Fruit Juices and Vegetable Juices	100% Orange Juice Tomato Juice	Concentrated source of natural sugars	
Convenience and Packaged Foods	Boxed Dinner Entrées Spaghetti Sauce and other Cooking Sauces	Refined grains and/or highly processed foods, lots of added sugars and starch	
Sweets and Snack Foods*	Cookies Cakes Ice Cream Candy	Very concentrated source of added, processed sugars	<ul style="list-style-type: none"> ◆ A lot of calories without essential nutrients ◆ Eating pleasure by indulgence or satisfying a craving
Spreads and Condiments	Jellies and Jams Table Sugar Honey		
Beverages	Fruit-flavored Drinks Soda Pop		

*These usually contain a lot of added, processed fat in addition to sugars, making them an even more concentrated source of empty calories.