

Whole, Unprocessed Carbohydrates



Whole Intact Grains

- Steel cut oats
- Quinoa
- Wheat berries
- Millet
- Amaranth
- Teff
- Spelt berries
- Brown rice
- Barley
- Kamut
- Corn

Beans and Lentils

Starchy Vegetables

- Winter squashes
- Peas
- Potatoes (sweet, purple, Yukon, etc)

Whole Fruit

Grass-fed, Organic Dairy

- Milk
- Kefir
- Plain yogurt, regular or Greek