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What are complex carbohydrates list

Here's the complex carbohydrates list of good healthy carbs that you've been looking for. Complex carbs are actually very simple. And you'll find this healthy carbohydrates list of good carbs will help you to feel simply great! So what are carbohydrates anyway? The healthy carbohydrates in food are the macronutrients your body needs in order to look better, feel better, think better and have an abundance of endurance and stamina. The healthy carbohydrates list below is your best source for good carbs. Choosing bad carbs (instead of from this good carbs list) can rapidly undermine your health and sabotage your weight management goals. Healthy Carbs and Complex Carbohydrates List Simple and complex carbohydrates can be misunderstood. Since whole fruit is a simple carb, it's best to categorize carbs as either bad or good carbs. Here's your complete good healthy carbohydrates list. (Carb grams for most packaged foods can be found on the label.) BEANS & PEAS AMOUNT CARBS (grams) Black beans 1/4 cup dry 23 Black beans 1/2 cup cooked 18 Garbanzo beans 1/4 cup dry 28 Garbanzo (Chickpeas) 1/2 cup cooked 18 Kidney beans 1/4 cup dry 29 Kidney beans 1/2 cup cooked 20 Lentils 1/4 cup dry 28 Lentils 1/2 cup cooked 20 Lima Beans 1/4 cup dry 22 Lima Beans 1/2 cup cooked 20 Navy Beans 1/4 cup dry 32 Navy Beans 1/2 cup cooked 29 Pinto Beans 1/4 cup dry 29 Pinto Beans 1/2 cup cooked 22 Soybeans 1/4 cup dry 13 Soybeans 1/2 cup cooked 9 Split Peas 1/4 cup dry 26 Split Peas 1/2 cup cooked 21 DAIRY AMOUNT CARBS (grams) Blue cheese 1 oz 0.7 Cheddar cheese 1 oz 0.4 Cottage cheese, 2% fat 1/2 cup 4 Egg 1 extra large 1 Feta cheese 1 oz 1 Milk, 1% fat 1 cup 8 Milk, fat-free 1 cup 13 Mozzarella cheese 1 oz 0.8 Parmesan cheese 1 Tbsp. 0.2 Provolone cheese 1 oz 0.6 Ricotta cheese 1/2 cup 6 Swiss cheese 1 oz 1 Yogurt, low-fat 1 cup 17 Yogurt, fat-free 1 cup 18 FRUITS (raw) AMOUNT CARBS (grams) Apple 5 oz 21 Apricot 3 (4 oz ea.) 12 Avocado 1/2 (3 oz) 7 Blackberries 1 cup 18 Blueberries 1 cup 21 Cantaloupe 1 cup 13 Cranberries 1/2 cup 6 Grapefruit 1/2 (4 oz) 10 Grapes 1 cup 16 Guava 1 (3 oz) 11 Kiwi 1 (2-1/2 oz) 11 Mango 1/2 (3-1/2 oz) 18 Nectarine 1 (5 oz) 16 Orange 1 (4-1/2 oz) 15 Papaya 1/2 (5-1/2 oz) 15 Peach 1 (3-1/2 oz) 10 Pear 1 (6 oz) 25 Pineapple 1 cup 19 Raspberries 1 cup 14 Strawberries 1 cup 11 Tangerine 1 (3 oz) 9 Watermelon 1 cup 12 NUTS & SEEDS AMOUNT CARBS (grams) Almonds 1 oz 6 Brazil nuts 1 oz 4 Cashews 1 oz 9 Coconut, raw 1 oz 4 Macadamia nuts 1 oz 4 Peanuts 1 oz 6 Pecans 1 oz 5 Pistachios 1 oz 5 Pumpkin seeds 1 oz 5 Sesame seeds 1 Tbsp. 1 Sunflower 1 oz 5 Walnuts 1 oz 3 VEGETABLES AMOUNT CARBS (grams) Alfalfa sprouts, raw 1/2 cup 1 Asparagus 1/2 cup cooked 4 Butterhead lettuce 1 cup raw 2 Broccoli 1/2 cup cooked 4 Brussels Sprouts 1/2 cup cooked 7 Cabbage 1/2 cup cooked 4 Carrot 1 (2-1/2 oz) 7 Cauliflower 3 florets 3 Celery 1/2 cup diced 2 Chinese Cabbage 1/2 cup cooked 2 Chili Peppers 1 Tbsp. 1 Corn (sweet) 1 ear 19 Cucumber 5 oz raw 4 Edamame, fresh soybeans 1/2 cup raw 14 Edamame 1/4 cup cooked 10 Eggplant 1/2 cup cooked 3 Garlic 1 clove 1 Ginger Root 1 Tbsp. raw 1 Green Bell Peppers 1/2 cup raw 3 Iceberg Lettuce 1-1/2 cups raw 3 Mushrooms 1/2 cup cooked 4 Okra 1/2 cup cooked 6 Onions 1/2 cup cooked 7 Radishes 1/2 cup raw 2 Red Bell Peppers 1/2 cup raw 3 Red Cabbage 1/2 cup cooked 4 Romaine lettuce 1-1/2 cups raw 2 Scallions 1/2 cup raw 4 Spinach 1/2 cup cooked 3 Swiss Chard 1/2 cup cooked 4 Zucchini 1/2 cup cooked 4 WHOLE GRAINS AMOUNT CARBS (grams) Bread, whole wheat 1 slice 14 Bread, multi grain 1 slice 17 Oatmeal, cooked 1 cup 25 Pancake, buckwheat mix 1/3 cup (3 cakes) 33 Pancake, whole grain mix 1/3 cup (3 cakes) 28 Pasta, whole wheat 1 cup cooked 37 Popcorn, popped 3-1/2 cups 19 Rice, basmati brown 1/4 cup dry 31 Rice, brown 1/4 cup dry 33 Rice, brown 1/2 cup cooked 22 Rice, wild 1/2 cup cooked 18 Rye bread 1 slice 15 What are Good, Bad, Simple and Complex Carbohydrates? As you can see, the above healthy carbohydrates good carbs list can help you to choose healthy carbs that will make you look and feel great. But you still may wonder, what are carbohydrates? Especially bad carbs. The difference in good carbs vs bad carbs is not based on a simple and complex carbohydrates list. It's based on how much fiber is in the food and how fast the food's sugars are absorbed into your blood stream. For more info about good, bad, simple and complex carbs, go to the Good Carbs List of Carbohydrates in Food, the Low Glycemic Diet of Low Glycemic Foods and the complete list of healthy High Fiber Foods. More CommonSenseHealth for You: How to Stop Emotional Eating "Refined" Bad Carb Sweet Sugar Death The Healthiest Vegetables List of Vegetables Your High Fiber Foods Chart of Fiber Rich Foods what are complex carbs list. what are complex carbohydrates examples. what are 3 examples of complex carbohydrates

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