

A Healthy Approach to Carbs

Try to take a healthy approach to carbs. Here's how:

Make your plate

- Fill 1/2 your plate with colorful non-starchy vegetables at meals
- Fill 1/4 of your plate with healthy grains or starches at meals

Choose carbs wisely

Most of the time, choose those that are:

- ✓ Low in added fats and sugars
- ✓ High in fiber and water
- ✓ High in vitamins, minerals, and protein

Make healthy swaps

Instead of...	Try...
Sweet drinks like regular soda, iced tea with sugar, fruit punch, and sports drinks	Water, sparkling water, plain iced tea, water infused with fruit and herbs, such as citrus fruit, cucumbers, or mint
Juice	Whole fruit
Fried potatoes	Baked potatoes
Bread made with refined flour	Bread made with 100% whole wheat flour
White rice	Brown rice, quinoa, or barley
Cereal made with refined grains	Cereal made with whole grains, or oatmeal
Full-fat yogurt made with sugar	Plain nonfat yogurt with berries
Apple pie	Stewed apple with cinnamon
Chocolate bar	Hot chocolate made with nonfat milk, cocoa powder, and a touch of sugar
White pasta	High fiber, high protein pasta made from garbanzo beans, black beans, quinoa or edamame, or whole wheat pasta