

Carbohydrates

Spices and herbs do not contain sugar or increase insulin secretion. Use them freely.

Recipes: [Muffin Tin Recipes](#)

How many carbs should one eat in each meal? Everyone needs different amounts depending on their metabolism and activity level. Think of carbohydrates as fuel. If you are going to have an active day, eat more, a less active day, eat fewer carbs. Never eat carbohydrates alone, and the quantity must be proportional to the protein and fat intake.

*If you eat more than 15 grams of carbs per meal, do not eat a snack unless you are hungry. If only eating 15 grams per meal, you must eat two snacks.	* If you have Type II diabetes, eat three meals containing 15 grams of carbs per meal and two 1/2-grams carbohydrate snacks.	*If you are depressed and find yourself getting more depressed, then add 7 1/2 grams carbs per meal and snack.	*If you are losing weight too quickly, feeling sluggish or suffering from insomnia, increase carbohydrate consumption.
Eat as many non starchy vegetables as you want, but make sure to eat different variety. Include some in your breakfast.	All fruits are raw except when noted. Each serving is 15 grams of carbohydrate. Eat fruit in their natural state. No cocktail or canned in syrup. Eat organic, "spray-free"	All starchy vegetable and Legumes are cooked unless noted. Each serving is 15 grams of carbohydrate.	*Always buy grains in their natural state and avoid eating processed grains. Never eat grains that are "flavored" or have additives. Each of the follow grains contain about 15 grams per serving.

Non-Starchy Vegetables	Fruit	Serving Size	Starchy Vegetables	Serving Size	Grains	Serving Size
Amaranth leaves	Acerola (West Indian cherry)	15 fruit	Acorn squash	1/2 cup	Barley	1/3 cup
Arrowhead	Apple	1 small	Artichokes	1 artichoke	Brown rice	1/3 cup
Arugula	Apples (dried)	3 rings	Beets	1 cup	Buckwheat (whole-grain)	1/3 cup
Asparagus	Apricots	2 medium	Burdock root (raw)	1/2 root	Buckwheat groats (Kasha)	1/3 cup
Balsam-pear	Apricots (dried)	7 halves	Butternut squash	2/3 cup	Bulgur (tabouli)	1/3 cup
Bamboo shoots	Avocados (California)	1 avocado	Carrots	1 cup	Corn bran (crude)	1/4 cup
Bean sprouts	Avocados (Florida)	1/2 avocado	Corn	1/2 cup	Corn grits, white or yellow	1/2 cup
Beet greens	Bananas	1/2 medium	Green peas	1/2 cup	Couscous farina	1/3 cup
Bell peppers (red, green, yellow)	Bananas (dehydrated)	1 tablespoon	Jerusalem artichokes	1/2 cup	Millet	1/3 cup
Borage	Blackberries	3/4 cup	Lima beans	1/2 cup	Oats	2/3 cup
Broadbeans (fava beans)	Blueberries	3/4 cup	Lotus root	1/2 cup	Polenta	1/3 cup
Broccoli	Boysenberries	1 cup	Okra	1 cup	Popcorn (popped)*	2 1/2 cups
Brussels sprouts	Breadfruit	1/8 small	Parsnip	2/3 cup	Quinoa	1/3 cup
Butterbur (fuki)	Carambola (starfruit)	1 1/2 cups (sliced)	Potato (baked)	1/2 medium	Rye	1/4 cup
Cabbage	Cherimoya (custard apple)	2 oz	Pumpkin	1 cup	Semolina (whole-grain) (dry)	1 tablespoons
Cardoon	Cherries	1 cup (with pits)	Rutabagas (Raw)	1/4 large	Tapioca	1/4 cup
Carrots (raw)	Crabapples	3/4 cup (sliced)	Sweet potato or yam	1/2 medium	Triticale (dry)	2 1/2 tablespoons
Cassava	Cranberries (unsweetened)	1 cup, whole	Turnips	1/2 cup	Wheat (whole-grain) (dry)	1 1/2 tablespoons
Cauliflower	Currants (European, fresh)	1 cup			Wheat bran (crude) (dry)	1/2 cup
Celeriac	Currants (red or white)	1 cup	Legumes	Serving Size	Wheat germ (crude) (dry)	1/3 cup
Celery	Currants (Zante, dried)	2 tablespoons	Adzuki beans	1/4 cup	Wild rice	1/2 cup
Celtuce	Dates	2 medium	Black beans	1/3 cup		
Chayote fruit	Elderberries	1/2 cup	Broadbeans (fava beans)	1/2 cup	Whole-Grain Flour and Meals	Serving Size
Chicory (witloof)	Figs	2 medium	Chickpeas (Garbanzo, Bengal)	1/3 cup	Almond meal	1/2 cup
Chicory greens	Figs (dried)	1 medium	Cowpeas (black-eyed peas)	1/2 cup	Amaranth flour	2 tablespoons
Chives	Gooseberries	1 cup	Cranberry (Roman) beans	1/3 cup	Arrowroot flour	2 tablespoons
Chrysanthemum (garland)	Grapefruit	1/2 large	French beans	1/3 cup	Brown rice flour	2 tablespoons
Collard greens	Grapes (American)	15 grapes	Great Northern beans	1/3 cup	Buckwheat flour (whole-grain)	3 1/2 tablespoons
Coriander	Grapes (European)	7 grapes	Garbanzo beans	1/3 cup	Carob flour	2 1/2 tablespoons
Cowpeas (leafy tips)	Groundcherries (cape-gooseberries)	1 cup	Hyacinth beans	1/3 cup	Corn flour (whole-grain)	2 1/2 tablespoons
Cucumber	Guavas (common)	1 1/2 fruit	Hominy	1/2 cup	Cornmeal	2 tablespoons
Dandelion greens	Guavas (strawberry)	15 guavas	Kidney beans	1/3 cup	Cottonseed flour	1 1/2 oz
Dock	Jackfruit	2 oz	Lentils	1/3 cup	Oat bran flour	2/3 cup
Eggplant	Java-plum (Jambolan)	3/4 cup	Lupins	1 cup	Peanut flour	2/3 cup
Endive	Jujube	1/4 cup	Moth beans	1/3 cup	Potato flour	1 1/2 tablespoons
Eppaw	Jujube (dried)	1 tablespoon	Mung beans	1/3 cup	Rye flour	3 tablespoons
Fennel	Kiwi fruit (Chinese gooseberries)	1 large	Mungo beans (dry)	1/2 cup	Semolina flour (whole-grain)	2 tablespoons
Gardencress	Kumquats	5 kumquats	Navy beans	1/3 cup	Sesame flour	1 1/2 tablespoons
Garlic	Lemons	3 medium	Pigeon peas	1/2 cup	Soy flour	1/2 cup
Ginger root	Limes	2 medium	Pink beans	1/3 cup	Sunflower seed flour	3/4 cup
Gourd	Litchis	7 fruits	Pinto beans	1/3 cup	Semolina (whole -grain)	1/4 cup
Green beans	Litchis (dried)	2 tablespoons	Split peas	1/3 cup	Sesame flour	1 1/2 oz
Hearts Of palm	Loganberries	3/4 cup	White beans	1/3 cup	Triticale flour	2 1/2 tablespoon
Horseradish-tree, leafy tips/pod	Longans	31 fruits	Yellow beans	1/3 cup	Whole-wheat flour	3 tablespoons
Jicama (raw)	Longans (dried)	2 tablespoons				
Jalapeno peppers	Loquats	5 large	Yogurt	Serving Size	Bread	1 1/2 tablespoon
Jew's ear (pepeao)	Manney-apple	1 medium	Plain whole milk yogurt	1 cup	Bread crumbs	1 medium tortilla
Jute potherb	Mangos	1/2 medium	Plain whole milk, goat	1 cup	Corn tortilla	1 slice
Kale	Melons (cantaloupe)	1 cup (cubes)	Plain whole milk, Indian buffalo	1 cup	Cracked-wheat bread	1 1/2 tablespoon
Kohlrabi	Melons (honeydew)	1 cup (diced)	Plain whole milk, sheep	1 cup	Cracker meal	2 slices
Lam's quarter	Mulberries	1 cup	Soy	1 cup	Low-carb bread	1 slice
Lettuce	Neclarines	1 medium			Oat bran bread	1 slice
Mushrooms	Oranges	1 medium	Healthy Condiments		Oatmeal bread	1 slice

Mustard greens	Tangerines	2 small	Balsamic and other vinegars		Pumpemickle bread	1 regular slice
Nopales	Papayas	1/2 cup (mashed)	Garlic cloves		Rice bran bread	1 slice
Onions	Passion fruit (granadilla)	3 fruits	homemade sauces		Rye bread	1 large slice
Parsley	Peaches	1 medium	Low-sodium tamari soy sauce		Wheat bran bread	1 slice
Peppers (sweet green, red, yellow)	Peaches (dried)	2 halves	Natural mustard		Wheat germ bread	1 slice
Pokeberry shoots	Pears	1/2 large	olives		Wheatberry	1 slice
Pumpkin flowers/leaves	Pears (dried)	1 half	Peanut sauce without sugar		Whole-grain hamburger/hot-dog bun	1/2 bun
Purslane	Persimmons (japanese)	1/2 medium	Salsa without sugar		Whole-grain raisin bread	1 slice
Radishes	Persimmons (Japanese dried)	1/2 medium			Whole-wheat English muffin	1/2 muffin
Radicchio	Persimmons (native)	2 medium			Whole-grain dinner roll	1 roll
Salsify	Pineapple	3/4 cup			Whole-grain pita	1 small pita
Scallop squash	Plantains (cooked)	1/3 cup			Whole-grain, 7-grain bread	1 slice
Sesbania flower	Plums	2 fruits				
Snap beans	Pomegranates (Chinese apple)	1/2 fruit			Crackers	
Snow peas	Prickly pears	1 1/2 medium			Rice crackers	4 crackers
Shallots	Prunes	3 prunes			Rice cakes	2 cakes
Spinach	Pomelo	3/4 cup			Rye crispbread	2 crackers
Spaghetti squash	Quinces	1 medium			Rye wafers (Wasa)	2 crackers
Summer squash	Raisins (dark/golden seedless)	2 tablespoons			Rusk toast	1 1/2 oz
(crookneck, scallop, straightneck, zucchini)	Raspberries	1 cup			Wheat crackers (AK-Mak)	4 crackers
Sweet potato leaves	Rhubarb	7 stalks			Wheat Euphrates	5 crackers
Swiss chard	Rose-apples	2 medium			Wheat melba toast	3 toasts
Taro (leaves or shoots)	Sapotes (marmalade plum)	1/2 medium			Whole wheat Matzo	1/2 (6"x4")
Tomatoes	Soursop (marmalade plum)	1/2 cup				
Tree fern	Strawberries	1 1/2 cup				
Turnip greens	Sugar-apples (sweetsop)	1/2 fruit				
Yardlong bean	Sun-dried tomatoes	1/6 oz				
Watercress	Tamarinds	15 fruits				
Waxgourd (Chinese preserving melon)	Tomatoes (green and red)	1 medium				
	Tomatillos	1 large				
	Watermelon	1 1/4 cup (diced)				