

# Eat High Fiber Carbs

Eat Less	Eat More
White bread 	Whole wheat bread (at least 3 grams dietary fiber per slice)
Sweetened cereals: Frosted Flakes Lucky Charms Honey Nut Cheerios Kix, Corn Pops Rice Krispies	Unsweetened Cereals: Total Wheaties Cheerios Fiber One 
White rice 	Brown rice, barley, or bulgur
White pasta	Whole wheat pasta
White potatoes	Sweet potatoes or White potatoes with skin
White crackers (such as Saltines or Ritz)	Whole wheat crackers (such as reduced fat Triscuits or Wheat Crisps)
Grits	Oatmeal

# Eat High Fiber Carbs *Worksheet*

## Eat Less

*What simple carbs do I eat?*

Breakfast: 

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Lunch: 

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Dinner: 

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Snack: 

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## Eat More

*What quality carbs will I eat?*

Breakfast: 

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Lunch: 

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Dinner: 

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Snack: 

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