

Nourish  
Your Life

# CARB QUALITY Counts

Not all carbohydrates are created equal. Go for carbs that are high quality - whole grains, beans, lentils, vegetables, fruit and low-fat milk and yogurt.



These 8 carbs are some of the healthiest foods on the planet for their rich sources of several essential nutrients:

1. Quinoa
2. Oats
3. Kidney beans
4. Chickpeas
5. Sweet potatoes
6. Beets
7. Oranges
8. Blueberries



## On a low-carb or gluten-free diet?

Watch serving sizes or choose gluten-free carbs like quinoa, rice, corn, millet, all beans and legumes and all vegetables and fruits.



### OVERNIGHT OATS

1/2 cup milk (dairy, soy, almond or coconut)  
1/2 cup old-fashioned rolled oats  
1/2 cup Greek yogurt  
1 teaspoon chia seeds  
1/2 banana, mashed

Add milk, oats, yogurt, chia seeds and banana to a jar or container and give them a good stir. Refrigerate overnight or at least 5 hours. In the morning, add additional liquid if you like. Optional add-ins: fruit, nuts, nut butter, honey, cinnamon, vanilla extract. Makes 1 serving.

Source: American Institute for Preventive Medicine