

COLORFUL CARB CHEAT SHEET

Use vegetables to provide nutrient-rich GOOD carbs to replace unhealthy, refined BAD carbs.

BAD CARBS		GOOD CARBS		
REFINED		GREEN	RED	CREATIVE COMBINATIONS
Bagels Bread, all Brown rice Cereal Croissants Donuts Granola bars Grits Noodles Oatmeal Pasta, all Protein bars Pastries Rye bread Wheat bread White bread White rice Whole-grain bread		Artichoke	Beets	Beets + Carrots
		Arugula	Radishes	
		Asparagus	Red bell pepper	Crookneck squash + Mushrooms
		Baby spinach	Tomato	
		Beet greens		Okra + Tomatoes
		Bok choy	ORANGE	
		Boston lettuce	Acorn squash	Eggplant + Zucchini
		Broccoli	Buttercup squash	
		Broccolini	Butternut squash	Sweet potatoes + Cauliflower
		Brussel sprouts	Carrots	
		Celery	Orange bell pepper	Red bell pepper + Kale
		Chayote	Pumpkin	
		Chinese cabbage	Sweet potatoes	Broccoli + Yellow bell pepper
		Collard greens		
		Cucumber	YELLOW	Head cabbage + Purple cabbage
		Dandelion greens	Crookneck squash	
		Endive	Rutabaga	Onion + Acorn squash
		Green beans	Spaghetti squash	Orange bell pepper + Poblano pepper
		Green bell pepper	Yellow bell pepper	
		Head cabbage		Spring mix lettuce + Jicama
		Iceberg lettuce	PURPLE	
		Kale	Eggplant	Spaghetti squash + Spinach
		Kohlrabi	Purple cabbage	
		Lancet kale	Purple kohlrabi	Turnips + Green beans
		Leeks		
		Mustard greens	WHITE	
		Okra	Cauliflower	
		Poblano pepper	Jicama	
		Rainbow chard	Mushrooms	
		Red kale	Onion	
		Romaine lettuce	Parsnips	
		Spinach	Turnips	
		Spring mix		
		Swiss chard		
		Tomatillo		
		Turnip greens		
		Watercress		
		Zucchini		

For daily veggie inspiration, follow *Is Disease Hereditary?* on Facebook and Instagram.

www.IsDiseaseHereditary.com