

FRUITS

Granny Smith Apples
Green Apples
Strawberries
Blackberries
Cranberries
Boysenberries
Green Pears
Kiwi Fruit

STARCHY CARBOHYDRATES

Barley
Brown Rice
Buckwheat
Bulgur (cracked wheat)
Butter Beans
Chard
Chick Peas
Corn
Garbanzo Beans
Kasha
Kidney Beans
Legumes
Lentils
Lima Beans
Millet
Old Fashion Rolled Oats
Peas
Pinto Beans
Potatoes
Rice Cakes
Sweet Potatoes
White Beans
Winter Squash
Yams
Any natural, unrefined whole grain

FIBROUS VEGETABLES

Alfalfa Sprouts
Artichokes
Asparagus
Bamboo Shoots
Bok Choy (Chinese Cabbage)
Broccoli
Broccoflower
Brussels Sprouts
Cabbage
Cauliflower
Carrots
Collard Greens
Eggplant
Green Beans
Green leafy vegetables (with the exception of iceberg lettuce which has less nutritional value)
Kale
Leeks
Mushrooms
Okra
Onions
Parsley
Parsnips
Rutabaga
Salad Vegetables
Scallions
Spinach
Summer Squash
Turnips
Turnip Greens
Watercress
Zucchini