



RENEWED VITALITY BY SUE

NURSE-LED
MENOPAUSAL
WOMEN'S HEALTH &
WELLNESS COACH.



10 healthy carbohydrate and fiber-rich foods ideal for a Mediterranean meal plan:

- Quinoa
 - Carbs: 39g per cup (cooked)
 - Fiber: 5g per cup
 - Quinoa is a gluten-free whole grain rich in protein and essential amino acids.
- Sweet Potatoes
 - Carbs: 27g per medium potato
 - Fiber: 4g per medium potato
 - Sweet potatoes provide vitamins A and C along with their natural sweetness.
- Chickpeas (Garbanzo Beans)
 - Carbs: 45g per cup (cooked)
 - Fiber: 12g per cup
 - High in protein, fiber, and versatile for hummus, salads, or stews.
- Lentils
 - Carbs: 40g per cup (cooked)
 - Fiber: 16g per cup
 - Lentils are a staple for soups, salads, and as a side dish.
- Oats (Whole or Steel-Cut)
 - Carbs: 27g per 1/2 cup (dry)
 - Fiber: 4g per 1/2 cup
 - Great for breakfast or baking, oats support digestion and heart health.

- Carbs: 37g per cup (cooked)
- Fiber: 5g per cup
- A nutty-flavored whole grain rich in minerals and antioxidants.

- Bulgur (Cracked Wheat)
- Carbs: 34g per cup (cooked)
- Fiber: 8g per cup
- Perfect for salads like tabbouleh or as a rice alternative.

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- Whole-Grain Bread (100% Whole Wheat)
- Carbs: 12g per slice
- Fiber: 2g per slice
- Look for bread with whole grains as the first ingredient.

- Fruits (Berries, Apples, Pears, etc.)
- Example: Apple
- Carbs: 25g per medium apple
- Fiber: 4g per medium apple
- Fruits provide natural sugars, vitamins, and hydration.

- Vegetables (Starchy & Non-Starchy)
- Example: Carrots
- Carbs: 12g per cup (raw, chopped)
- Fiber: 3.5g per cup
- Starchy vegetables like butternut squash and non-starchy ones like leafy greens contribute carbs and fiber.

10 vegetables with high carbohydrate content, focusing on starchy vegetables often used in Mediterranean-inspired meals:

- Sweet Potatoes

Carbs: 27g per medium potato (130g)

Sweet potatoes are nutrient-rich, offering beta-carotene and vitamin C.

- Potatoes (White, Russet, or Red)

Carbs: 37g per medium potato (173g)

Versatile and filling, they're an excellent source of potassium.

- Butternut Squash

Carbs: 16g per cup (cubed, cooked)

High in vitamin A and fiber, with a naturally sweet flavor.

- Corn (Sweet Corn)

Carbs: 27g per cup (cooked)

Contains fiber, B vitamins, and antioxidants like lutein.

- Beets

Carbs: 13g per cup (cooked, sliced)

Rich in nitrates that support blood flow and heart health.

- Parsnips

Carbs: 24g per cup (cooked)

Similar to carrots, parsnips are mildly sweet and high in fiber.

- Peas (Green Peas)

Carbs: 21g per cup (cooked)

Packed with protein, fiber, and a variety of vitamins.

- Carrots

Carbs: 12g per cup (raw, chopped)

High in beta-carotene and great as a snack or side dish.

- Pumpkin

Carbs: 12g per cup (cooked, mashed)

Low-calorie and nutrient-dense, pumpkin is a good source of vitamin A.

- Yams

Carbs: 37g per cup (cooked, cubed)

Similar to sweet potatoes but slightly starchier and less sweet.

Starchy Vegetables (Higher in Carbohydrates)

These are excellent energy sources, rich in complex carbs and fiber:

1. Potatoes (white, red, Yukon, Russet)
2. Sweet Potatoes
3. Yams
4. Corn
5. Butternut Squash
6. Acorn Squash
7. Pumpkin
8. Parsnips
9. Beets
10. Green Peas
11. Taro Root



Non-Starchy Vegetables (Lower in Carbohydrates)

These have fewer carbs but still provide fiber, vitamins, and minerals:

1. Carrots
2. Zucchini
3. Eggplant
4. Bell Peppers (red, yellow, green, orange)
5. Tomatoes
6. Cucumbers
7. Spinach
8. Kale
9. Swiss Chard
10. Broccoli
11. Cauliflower
12. Asparagus
13. Brussels Sprouts
14. Green Beans
15. Cabbage
16. Onions
17. Leeks
18. Celery
19. Mushrooms
20. Radishes
21. Lettuce (Romaine, Iceberg, etc.)



Why Vegetables with Carbs Matter

- Starchy vegetables: Provide energy and are higher in calories. Great for active individuals or those needing higher carb intake.
- Non-starchy vegetables: Low in calories and carbs, making them ideal for volume eating, fiber, and adding variety.



The "Half Your Plate Rule"

- Half your plate: Non-starchy vegetables (e.g., spinach, broccoli, bell peppers). These are low-calorie, nutrient-dense, and packed with fiber, which helps you feel full.
- Quarter of your plate: Starchy vegetables (e.g., sweet potatoes, squash). These provide complex carbs and energy.



Portion Recommendations

- Starchy vegetables: 1/2–1 cup per meal (depending on calorie goals).
- Non-starchy vegetables: Unlimited (aim for 1–2 cups per meal).