

Dianna Henson, N.D., MScDUS
4915 SW Griffith Drive, Suite 210
Beaverton, OR 97005
Phone: (503) 548-4008
Fax: (503) 802-2629
Email: info@integrativeadvantage.com



Integrative Advantage

Starch-Dense Foods

Starchy foods are a main source of carbohydrates and have an important role in a healthy diet. However, if you have a condition that requires you to avoid starchy foods, it is helpful to know which carbohydrates to avoid.

- Potatoes
- Bread
- Cereal grains, wheat, oats, barley, rye, couscous
- Processed breakfast cereal and oatmeal
- Rice
- Pasta
- Corn and popcorn
- Starchy fruits such as bananas and apples

Carbohydrates to consume instead

- Low-glycemic index fruits like berries and grapefruit
- Non-starchy vegetables like spinach, kale, broccoli, cauliflower (cauliflower rice), mushrooms, and peppers

*Be careful to read the labels on products like cauliflower rice and pizza bases. These food items often have the same or higher levels of carbohydrates than their grain-based counterparts. If you are unable to find low-starch vegetable alternatives, consider finding a recipe to make your own.