

from the book **PRACTICAL PALEO**
 guide to: dense sources of paleo carbs

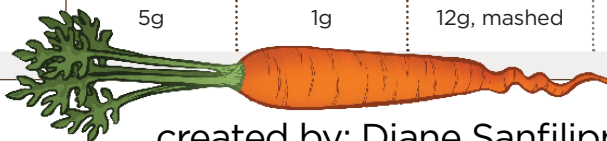
Removing grains, legumes, and refined foods from your diet doesn't mean that carbohydrates need to all disappear! Check out this list of dense sources of carbohydrates while eating a Paleo diet. While fruits and nuts are all fairly high in carbohydrates, this list is a guide to starchy vegetables to eat. Remember, these are some of your "good carbs!"



there are carbs beyond bread EAT UP

ITEM NAME	CARBS PER 100G	FIBER PER 100G	CARBS PER 1 CUP	OTHER NOTABLE NUTRIENTS
Cassava (raw)	38g	2g	78g	Vit C, Thiamin, Folate, Potassium, Manganese
Taro root	35g	5g	46g, sliced	B6, Vitamin E, Potassium, Manganese
Plantain	31g	2g	62g, mashed	Vitamin A (beta carotene), Vitamin C, B6, Magnesium, Potassium
Yam	27g	4g	37g, cubed	Vit C, Vitamin B6, Manganese, Potassium
White potato	22g	1g	27g, peeled	Trace Vitamin C
Sweet potato	21g	3g	58g, mashed	Vit A (beta carotene), Vit C, B6, Potassium, Manganese, Magnesium, Iron, Vitamin E
Parsnips	17g	4g	27g, sliced	Vitamin C, Manganese
Lotus root	16g	3g	19g, sliced	Vitamin C, B6, Potassium, Copper, Manganese
Winter squash	15g	4g	30g, cubed	Vitamin C, Thiamin, B6
Onion	10g	1g	21g, chopped	Vitamin C, Potassium
Beets	10g	2g	17g, sliced	Folate, Manganese
Carrots	10g	3g	13g, chopped	Vitamin A (beta carotene), Vitamin K1
Butternut squash	10g	-	22g	Vitamin A (beta carotene), Vitamin C
Rutabaga	9g	2g	21g, mashed	Vitamin C, Potassium, Manganese,
Jicama (raw)	9g	5g	12g, sliced	Vitamin C
Kohlrabi	7g	1g	11g, sliced	Vit C, B6, Potassium, Copper, Manganese
Spaghetti squash	6g	1g	9g	Trace
Turnips	5g	2g	12g, mashed	Vitamin C, Potassium, Calcium, B6, Folate, Manganese
Pumpkin	5g	1g	12g, mashed	Vitamin C, Vitamin E, Potassium

source: nutritiondata.com



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