



### **Nettie's List of COMPLEX CARBOHYDRATES**

Complex carbs (carbohydrate) foods are basically those in wholegrain form such as wholegrain breads, oats, muesli and brown rice. Complex carbs are broken down into glucose more slowly than simple carbohydrates and thus provide a gradual steady stream of energy throughout the day.

Some examples of healthy foods containing complex carbohydrates are:

Spinach, Whole Barley, Grapefruit,  
Turnip Greens, Buckwheat, Apples  
Lettuce, Buckwheat bread, Prunes,  
Water Cress, Oat bran bread, Apricots,  
Zucchini, Oatmeal, Pears,  
Asparagus, Oat bran cereal, Plums,  
Artichokes, Museli, Strawberries,  
Okra, Wild rice, Oranges,  
Cabbage, Brown rice, Yams,  
Celery, Multi-grain bread, Carrots,  
Cucumbers, Pinto beans, Potatoes,  
Dill Pickles, Yogurt, low fat Soybeans,  
Radishes, Skim milk, Lentils,  
Broccoli, Navy beans, Garbanzo beans,  
Brussels Sprouts, Cauliflower, Kidney beans,  
Eggplant, Soy milk, Lentils,  
Onions, Whole meal, spelt bread, Split peas,  
Tomatoes

But remember **no bread** while on the cleanse.