

## Complex Carbohydrates Examples

Complex carbohydrates are commonly found in wholegrain. Thus, some of the common complex carbohydrates examples are wholegrain breads, oats, brown rice, etc. All carbohydrates are broken down to glucose. This glucose molecule undergoes a biochemical pathway to produce an energy molecule ATP (adenosine triphosphate). Thus, complex carbohydrates list of foods should be included in your daily diet for a good energy source. The most common



natural, complex carbohydrates examples are:

- Bran
- Wheatgerm
- Maize
- Buckwheat
- Barley
- Cornmeal
- Oatmeal



### High Fiber Complex Carbs

The high fiber complex carbs are a group of complex carbohydrates. High fiber complex carbs are usually present in plants. Their chemical structure makes them indigestible by humans. Humans lack the enzymes that help break down the bonds between the complex sugar units. Thus, most of the dietary fiber passes out of the body without being digested.

There are two types of dietary fibers, soluble and insoluble. Dietary fibers have no nutritional value as such but are known for their role in weight control. They also help in improving gastrointestinal health, increasing glucose tolerance and insulin levels in the body. Dietary fibers help in reduction of hypertension, coronary heart disease risk factors, cancer and even hyperlipidemia. The following is a list of high fiber carbs:

## Recommended foods

### Fruits

Apples with skin	Blueberries
Apricot	Cantaloupe, cubes
Apricots Dried	Figs Dries
Avocado	Grapefruit
Banana	Orange
Peaches	Peaches, dried
Plum	Raisins
Raspberries	Strawberries

### Vegetables

Beets	Green beans
Celery	Kale
Onions, raw	Peas
Peas	Peppers, sweet
Popcorn, air popped	Potato, baked with skin
Spinach	Summer squash
Sweet Potato	Swisschard
Tomato	Winter Squash
Zucchini	Beet greens
Bok Choy	Broccoli
Brussel Sprouts	Cabbage
Carrot	Cauliflower
Coleslaw	Collard Greens
Sweet Corn	Zucchini

### Nuts

Almonds	Black beans
Cashews	Flax seeds
Garbanzo beans	Kidney beans
Lentils, red	Lima beans
Peanuts	Pistachio nuts
Pumpkin seeds	Soy beans
Sunflower seeds	Walnuts

### Complex Carbohydrates List of Foods

The following is the complex carbohydrates list of foods that you should eat everyday. The complex carbohydrates list is really long, so you have a wide variety of foods to choose from.

All-Bran cereals	Pita bread	Chick peas
Artichokes	Porridge Oats	Cornmeal
Bagel	Prunes	Dill Pickles
Bananas	Radishes	Eggplant
Broccoli	Shredded wheat	Granary Bread
Brown Rice	Soy milk	High fibre breakfast cereals
Buckwheat	Spaghetti	Lentils
Cabbage	Split peas	Low fat yoghurt
Cassava	Strawberries	Maize
Celery	Tomatoes	Multi-grain bread
Corn	Water Cress	Oat bran bread
Cucumbers	Whole Barley	Oatcakes
Dried Apricots	Wholemeal bread	Okra
Garbanzo beans	Wholegrain Cereals	Oranges
Grapefruits	Apples	Pastas
Kidney beans	Asparagus	Pinto beans
Lettuce	Baked Beans	Plums
Macaroni	Beans	Potato
Muesli	Brown Bread	Pumpernickel bread
Navy beans	Brussels Sprouts	Ryvita crisp bread
Oat bran cereal	Buckwheat bread	Skim milk
Oatmeal	Carrots	Soy beans
Onions	Cauliflower	Sweet Potato
Other root vegetables	Spinach	Turnip Greens
Peas	Sprouts	Weetabix
Wholegrain flours	Wholemeal spelt	Wild rice

### List of Foods High in Protein

Red Meat	Duck
Chicken	Turkey
Salmon	Sardines
Trout	Clams
Lobsters	Crabs
Shrimps	Scallops
Low fat cottage cheese	Tofu
Soybeans/Edamame beans	Eggs
Yoghurt	Some seeds/nuts

*Meats with lower protein content due  
to fat/carbs*

<i>Canned meats</i>	<i>Processed meats</i>
<i>Bacon</i>	<i>Beef ribs</i>
<i>Chicken/turkey skin, legs, thighs and wings</i>	<i>Fatty beef and pork roasts</i>

**Example diet for a rower**

<b>Before training:</b>	Banana Weet-bix Full fat milk Yoghurt
<b>Post training:</b>	Protein shake Jam sandwich
<b>Breakfast:</b>	Porridge Fruit Eggs
<b>Morning tea:</b>	Tuna and crackers <b>or</b> Meat/egg sandwiches Fruit Muesli bars
<b>Lunch:</b>	Sandwiches on whole grain bread <b>or</b> Pasta and tuna/meat <b>or</b> Potato salad with egg <b>or</b> Rice salad with nuts and meat Yoghurt
<b>Afternoon tea:</b>	Creamed rice <b>or</b> Fruit
<b>Tea:</b>	Meat and veges