



The Internal Fitness™ Company

Reference Guide

Carbohydrates and Vegetables

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AN IXCELA RESOURCE TO HELP IMPROVE INTERNAL FITNESS

A Quick Way to Measure a Serving of Carbohydrates:

We use CUPPED HANDS or FISTS to measure carbohydrates (carbs). Typically, 1 cupped hand of carbs will contain approximately 20 grams of carbohydrates. The amount of carbohydrates in a fist varies depending on which low-carb vegetable is being measured.



About Carbohydrates

Carbs, the primary fuel source for the body, are found in fruits, grains, beans and legumes, dairy products, and vegetables. Carbs provide energy for working muscles.

Choosing Quality Carbohydrate Sources

An overall healthy diet includes carbohydrates from a variety of sources. Choose fiber-rich carbs, such as whole grains, beans, legumes, fruits, and vegetables, to support the gut microbiome and the Ixcela metabolites.

If you are following a low FODMAP diet, refer to our [Low FODMAP Diet List](#).

If you are following the autoimmune protocol (AIP) diet, which limits grains, legumes, and certain vegetables, refer to our [AIP Diet List](#). AIP is an elimination diet recommended primarily to individuals who have autoimmune diseases.

The lists below include foods for all dietary needs and preferences. Review your Ixcela results for personalized food recommendations.

Types of Carbohydrates		
LOW-CARB VEGETABLES	MOD-HIGH CARBS	REFINED & PROCESSED CARBS (LIMIT)
Arugula Bok choy Broccoli Brussels sprouts Cabbage Carrots Cauliflower Eggplant Fennel Kale Leeks Lettuce Mushrooms Onions Parsnips Peppers Snow peas Spinach Sugar snap peas Summer squash Tomatoes Zucchini	Whole Grains: <ul style="list-style-type: none"> • Barley • Brown rice • Farro • Quinoa • Rolled oats • Wheat Beans/legumes Dairy (cheese, milk, yogurt) Dried fruit (no sugar added) Fruit Potatoes Sweet potatoes/yams Winter squash	Refined Grains: <ul style="list-style-type: none"> • Cereal • Crackers • White bread • White pasta Candy Cookies Corn syrup Crackers Fruit juice Honey Maple syrup Pastries Soft drinks Sugar Sugar-added canned fruit Sugar-added dried fruit Sweetened dairy (chocolate milk, flavored yogurt, ice cream)