

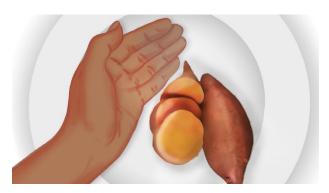


Reference Guide: Carbohydrates and Vegetables

AN IXCELA RESOURCE TO HELP IMPROVE INTERNAL FITNES

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 <u>AIP Diet List</u>. 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.

FINED & PROCESSED CARBS (LIMIT)
 Cereal Crackers White bread White pasta Mite pasta M