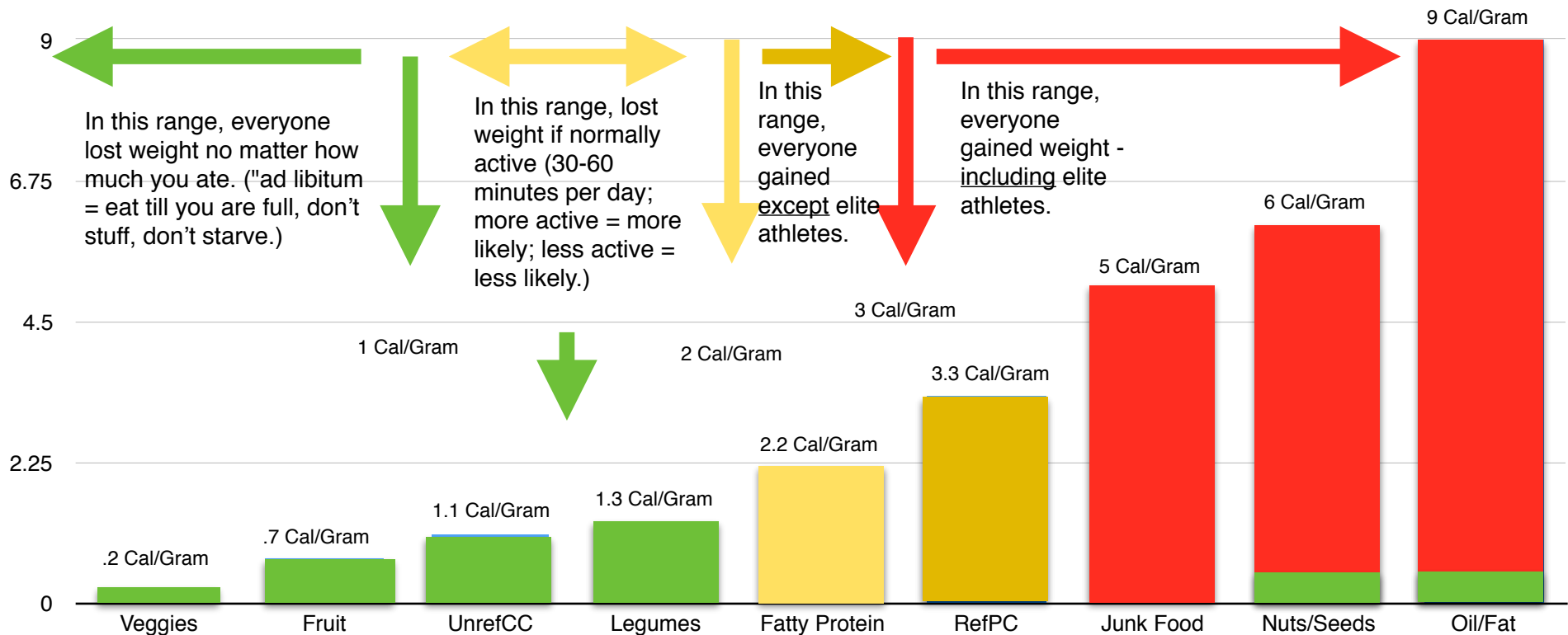


# Calorie Density by Food Group - Breakouts



**UnrefCC = Unrefined Complex Carbohydrates.**  
Whole wheat or multigrain bread, brown rice, bran cereal, and oatmeal, potatoes, sweet potatoes....

**RefPC = Refined Processed Carbohydrates.**  
White flour, white sugar, white rice, cakes, cookies, crackers, pretzels, candies, donuts.

Avoid:  
**Calorie Rich And Processed**

Diabetes and Obesity