THE CORY HOLLY INSTITUTE

CSNA Education Program

CoryHolly.com

Carb Quality Chart

Green Vegetables Micronutrient Dense (whole) **Fresh Fruits** High **Raw Honey** Wild Berries **Dried Fruits Beans & Lentils** Squash & Yams Mana (Essene) Bread Oatmeal **Brown Rice** Micronutrient Deficient (empty) PH -7 Medium Potatoes Pita Bread **Plain Yogurt Commercial Pasta Breakfast Cereals Junk Food Pasteurized Juice Chocolate Bars Cookies & Cakes** Low White Bread Sucrose (table sugar)