

CARBOHYDRATES

- Carbohydrates are an essential component of a healthy, balanced diet. Pop culture has given carbohydrates a bad rap, but it is not deserved.
- You need to eat carbohydrates every single day. They provide your body with the type of energy it is best suited to use, called glucose. Your brain can only function on energy from carbohydrates.
- A simple way to achieve the right balance of carbohydrates is to follow the healthy plate model, where a quarter of your plate at every meal is filled with carbohydrate-rich foods.

What foods contain carbohydrates?

- Carbohydrates are widespread throughout the food supply.
- Healthier carbohydrates include wholegrains, fruit, dairy and legumes.
- Less-healthy carbohydrates include refined grains, pastries, sweets and crisps.

EAT MORE of these carbohydrates



Legumes (beans, chickpeas, lentils)



Wholegrain bread



Wholegrain cereals



Barley



Wholegrain crackers



Plain milk and yoghurt



Sweet potato



Sweetcorn



Rollled oats



Quinoa



Wholemeal pasta



Long-grain brown basmati rice



Fresh fruit

EAT LESS of these carbohydrates



Low fibre/
high sugar cereals



White rice



Couscous



Fruit juice



Soft drink



White potato

Instant
noodles



Lollies/Chocolate



Crisps



Pastries



Pretzels



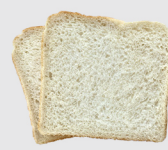
Ice cream



Rice crackers/
Water crackers



Honey/ Jam



White bread



Cakes/
Biscuits