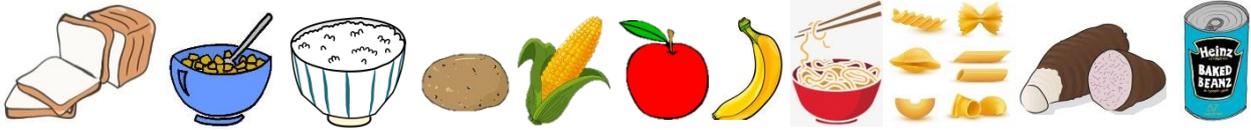
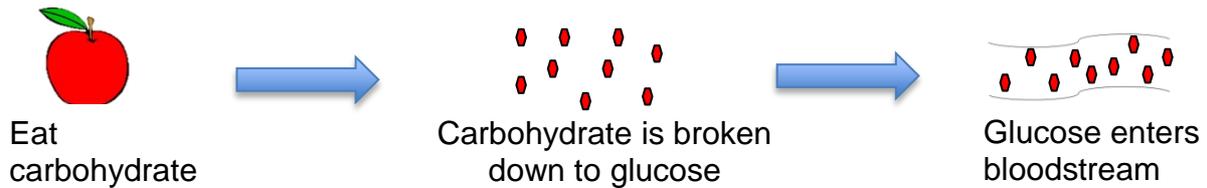


# Carbohydrates

Carbohydrates are found in many foods which we commonly eat, such as breads, cereals, grains, legumes, starchy vegetables, and fruit.



When you eat carbohydrates, they are broken down into glucose (sugar) in the body and enter the bloodstream. This is why you measure your **blood glucose levels**.



It is important to include some carbohydrates at each meal as they are an important source of energy for your body. However, eating *too* much carbohydrate will increase your blood glucose above recommended levels.

Aim to eat a similar amount of carbohydrate at each meal. Your Dietitian will give you more guidance on how much of these foods to include in your meal plan.

## Simple tips on Carbohydrates

### 1. Choose wholegrain options

- Eat wholegrain breads, cereals, and crackers. Examples: Rolled oats, All Bran, Burgen or Vogel's bread, Vita-wheat crackers
- Change from white pasta/rice to wholemeal/brown pasta/rice

### 2. Reduce carbohydrate portions to the size of your fist

This includes **grains** (e.g. quinoa, couscous, sago, semolina, rice, noodles, pasta), **legumes** (e.g. dried peas, beans, chickpeas) and **starchy vegetables** (e.g. taro, green banana, yams, potato, kumara, corn, parsnip, cassava, breadfruit)

### 3. Consider natural sugars

Some products contain “no added sugars”, but can still contain natural sugars. Natural sugars are found in fruit, milk and milk products, and honey. They have the same effect on your blood glucose as starch. It is important to be aware of how much natural sugar you are consuming.

- Eat 2-4 medium size fruit per day – raw, stewed, or canned in natural juice (not syrup)
- Avoid fruit juice (even with ‘no added sugar’) as it contains large amounts of natural sugars
- Eat only small amounts of dried fruit (e.g. 1 tablespoon sultanas) as they are high in natural sugar

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## 4. Limit added sugars

This is sugar which is added to foods to sweeten them. Added sugars are found in baked products, fizzy drinks, lollies, chocolate, muesli bars, jam, jellies, milkshakes, sweet desserts, and some breakfast cereals.

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### **Snack ideas:**

If you would like to snack between meals it is important to limit the amount of carbohydrate to help prevent high blood glucose levels.

### **Snack ideas:**

- 1 medium size raw fruit
- 250ml glass of low-fat milk
- 2 - 3 low-fat, wholegrain crispbread / crackers
- 1 slice wholegrain bread or Burgen Mixed Fruit Loaf
- 1 pottle low-fat, or 'lite' yoghurt

NOTE: If you are trying to lose weight, it is best to avoid snacks and stick to 3 main meals each day.

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