

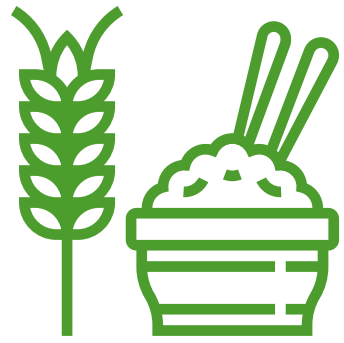


Carb-Rich Foods

Grains

Grain foods include cereals, bread, rice, pasta, and other grains like barley, couscous, quinoa and rye.

Choose whole grains. This gives you more nutrition and fibre compared to refined grains like white bread and pasta.



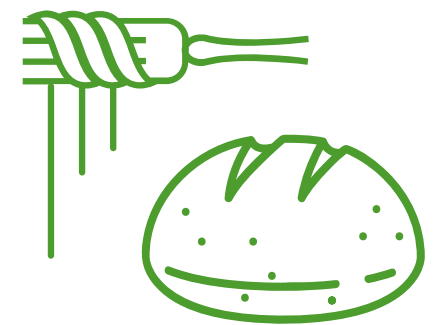
Breakfast Cereals

Many breakfast cereals are highly processed with lots of added sugar. Healthy cereals are low in added sugars and contain mostly whole grains e.g. oats, Weetbix, wheat flakes or make your own muesli so you can control what goes in it.



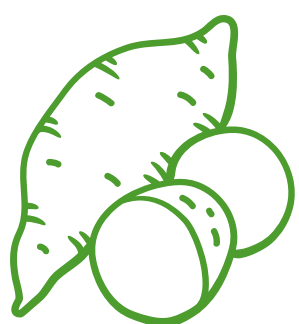
Breads, rice and pasta

Bread, roti, rēwena bread, sourdough, wraps, pita, crumpets, noodles, rice and pasta. Look for whole grain/wholemeal on the label.



Other Grains

Couscous, pearl barley, bulgur, rye, spelt, farro, freekeh and triticale. Gluten free grains include buckwheat, corn and polenta, amaranth, millet, sorghum, teff and quinoa.



Starchy vegetables

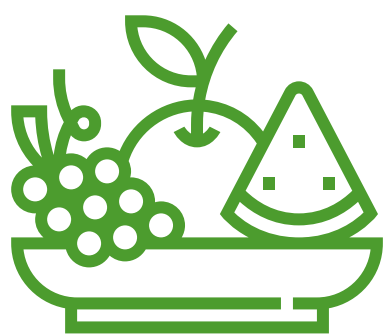
Kūmara, potato, taro, yam, sweetcorn, squash, carrot, parsnip, cassava and peas.

Other healthy foods

Other foods with smaller amounts of carbs include milk and yoghurt, legumes (lentils, chickpeas, kidney beans etc) and non-starchy vegetables.

Fruit

Fruit with the highest carb content includes bananas, pineapple, mango, cherries, grapes and plums.



Berries and citrus are lower in carbs; most other fruits are somewhere in between.

High carb foods to have less of

Sugary drinks, biscuits, cake, chocolate, lollies, fries, chippies, frozen desserts, pastries, sugar, jam, honey and syrups.

Snack ideas

Piece of fresh fruit • corn on the cob • kūmara 'fries' • popcorn (lightly seasoned) • homemade granola • low sugar oatcakes • rice cakes • small bowl of Bircher muesli or porridge • handful of dried fruit • frozen grapes • baked apple chips • homemade energy balls • banana 'nice cream'

