



CARBOHYDRATES

You might think of white foods like white bread, pasta, rice or potato as the only carbohydrate rich foods but actually the best choice for carb rich foods are the ones that are most colourful! Think fresh fruit and vegetables but also whole grains, beans and legumes.

White rice and white flour products being 'refined' means that the outer part of the grain is removed. The outer part would actually be rich in important nutrients like B vitamins and minerals so go for whole grains and whole grain flours if you can for the added nutrient value.

Try and fill half your meal plate with different coloured vegetables- aim to slowly increase your intake to 7 portions of vegetables and 3 of fruit per day.

3 KEY POINTS ABOUT CARBOHYDRATES

- 1) Prioritise whole unprocessed foods** Choose whole and minimally processed carbohydrate sources like whole grains, fruits, vegetables, beans, and legumes. These options are packed with nutrients, fibre, and natural sugars that provide steady energy and support overall health. White foods like white bread, pasta and rice do not contain as many nutrients per portion and are likely to spike blood sugars especially if consumed on their own (see third point below).
- 2) Go for variety and colour** each colour represents a different set of vitamins, minerals and antioxidants- eat the rainbow! Choose as many colours as you can. Variety is key for a well rounded nutritional profile.
- 3) Balance carbohydrates with protein and healthy fats** combine carb rich foods with protein and good fats, this is the way to stabilise blood sugar and sustain energy levels which in turn prevents you from getting overly hungry and then making less healthful choices.

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