

Carbohydrate Sources

Your guide to which carb sources should be your go to options

Eat
more



Wholegrain bread



Corn



Potatoes



Sweet potato



Barley



Beans & lentils



Wholemeal pasta



Quinoa



Oats



Wholegrain rice



Fruit



Frozen fruit

Eat
some



Wholegrain crackers



Oat bars



Dried fruit



Instant oats



Vegetable juice



Cous cous



Granola



Tinned fruit



Milk



Bean/pulse pasta

Eat
Less



Canned Fruit,
with added
Sugar



Ice Cream



Sugar



Pretzels



Sports Drinks



Donuts



Pastries



Cereal Bars



Foods with >
10g Sugar



Crackers



Chips



Crisps