

Carbohydrate

Carbohydrate foods help to balance blood glucose levels and are an important source of energy for your body. However, eating too much carbohydrate will increase your blood glucose above recommended levels. So the key is to eat some, but not too much.

A similar amount of carbohydrate foods should form the basis of each meal. Your Dietitian will give you more guidance on the quantity of these foods to include in your meal plan.

Starch:

- **Breakfast cereals**

traditional rolled oats, All-Bran, unsweetened muesli, Special K, Oat Bran, Weet-Bix, Shredded Wheat

- **Breads**

heavy wholegrain, rye, barley, soy & linseed, wholemeal, white pita bread, roti, chapatti, crackers, crispbread, cabin bread

- **Grains**

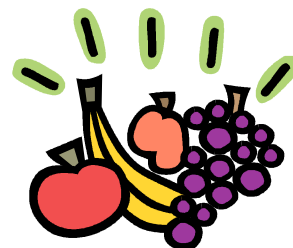
quinoa, couscous, sago, semolina, rice – Basmati (Indian rice), Doongara, Uncle Ben's parboiled, Koshihikari (sushi rice) noodles, vermicelli, pasta (spaghetti)

- **Legumes**

Dried peas, beans, lentils, e.g. baked beans, kidney beans, chickpeas, haricot beans

- **Starchy vegetables**

corn, taro, green banana (cooking) yams potato, kumara, parsnip tapioca, breadfruit, broad beans



Natural sugars:

- **Fruit**

Raw, stewed or canned in natural juice without sugar *1 medium fruit: 2 - 4 per day*

- **Milk & milk products**

all milk including soya milk
yoghurts - sweetened, fruit, low fat, lite and unsweetened
icecream

- **honey**

Foods with added sugar:

Sugar Jam Cakes Biscuits Scones Muffins Ice-cream Fruit Juice

Carbohydrate snacks may be necessary if you are on a **sulphonylurea** (e.g. Glipizide, Gliclazide) **and/or insulin**.

Inbetween snack ideas:

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

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