

Foods containing carbohydrate

These foods contain significant amounts of carbohydrate and need to be counted in your diet.

Cereal Starch

Breakfast cereals
Bread and flour products
Rice
Pasta
Noodles
Couscous

Wheat
Barley
Rye
Corn
Oats
Quinoa
Millet

Vegetable Starch

Potatoes and potato products
Beans and pulses

Sweet potato
Yam

Natural and Added Sugars

Fruit and fruit juices
Milk and milk products

Foods containing added sugar e.g. cakes, sweets, chocolates biscuits and pastries
Sugary drinks

Foods containing minimal carbohydrate

These foods contain minimal or no carbohydrate and usually do not need to be counted in your diet.

Protein

Meat
Fish
Eggs
Cheese
Nuts

Soya
Tofu
Quorn

Fat

Butter
Margarine

Cream
Oils

Most vegetables
Salad