

Moderating Carbohydrate Intake

A decorative graphic consisting of several vertical bars of varying heights and shades of blue, located on the right side of the page.

Take a look at each meal you are having - remember 50% of your plate should be carbohydrate, preferably from the ,complex, range, such as bread and pasta.

Fruit and vegetables are a good source of carbohydrate. Pack some in your bag for work and fill your fruit/salad bowl with these nutritious options.

Don't skip breakfast - this is an opportunity to eat energy giving wholegrain cereals, wholemeal toast and fruit. You'll want to snack later in the day if you miss this crucial meal as your blood sugar will drop.

Plan to graze throughout the day to keep your brain topped up with glucose. Choose a cereal bar, fruit smoothie or dried fruit to provide the energy you need.

If you are exercising, your carbohydrate requirement will increase. Just as you would pack your trainers and sweat towel, pack fruit and cereal bars to help keep up your energy levels during activity.

When shopping use the balance of good health as your guide, is 50% of your trolley carbohydrate including bread, potatoes, rice, pasta, cereals, fruit and vegetable.

Remember to stick to your favourites. If you experience bloating with bread, baked potatoes may suit you better. Wholemeal toast is better than white but if that is your preferred choice, it's better than missing breakfast.