

Foods and drinks containing carbohydrate

Starch	Added/free sugars	Natural sugars	
Bread	Granulated sugar (brown/white)	Fructose (fruit sugar)	Lactose (milk sugar)
Rice	Sweets		
Potato	Chocolate	Fruit (fresh, dried, tinned and juice)	Milk, dairy foods like yoghurt, fromage frais and ice cream
Pasta	Jams/preserves		
Noodles	Sugary soft drinks		
Breakfast cereals	Honey		
Oats	Syrups		
Couscous	Fruit juice		
Yams	Jelly*		
Corn	Cakes*		
Lentils and legumes	Desserts*		
Plain biscuits, buns and crackers	Biscuits*		
Anything made with flour such as pizza, pastry and thickened sauces and soups			

* contain carbohydrate from starch **and** sugar

