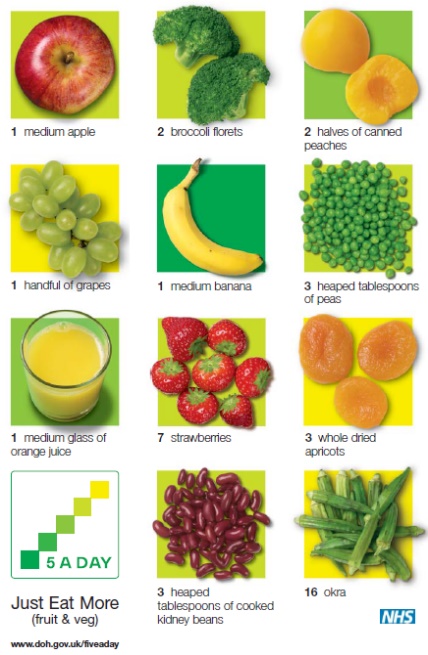
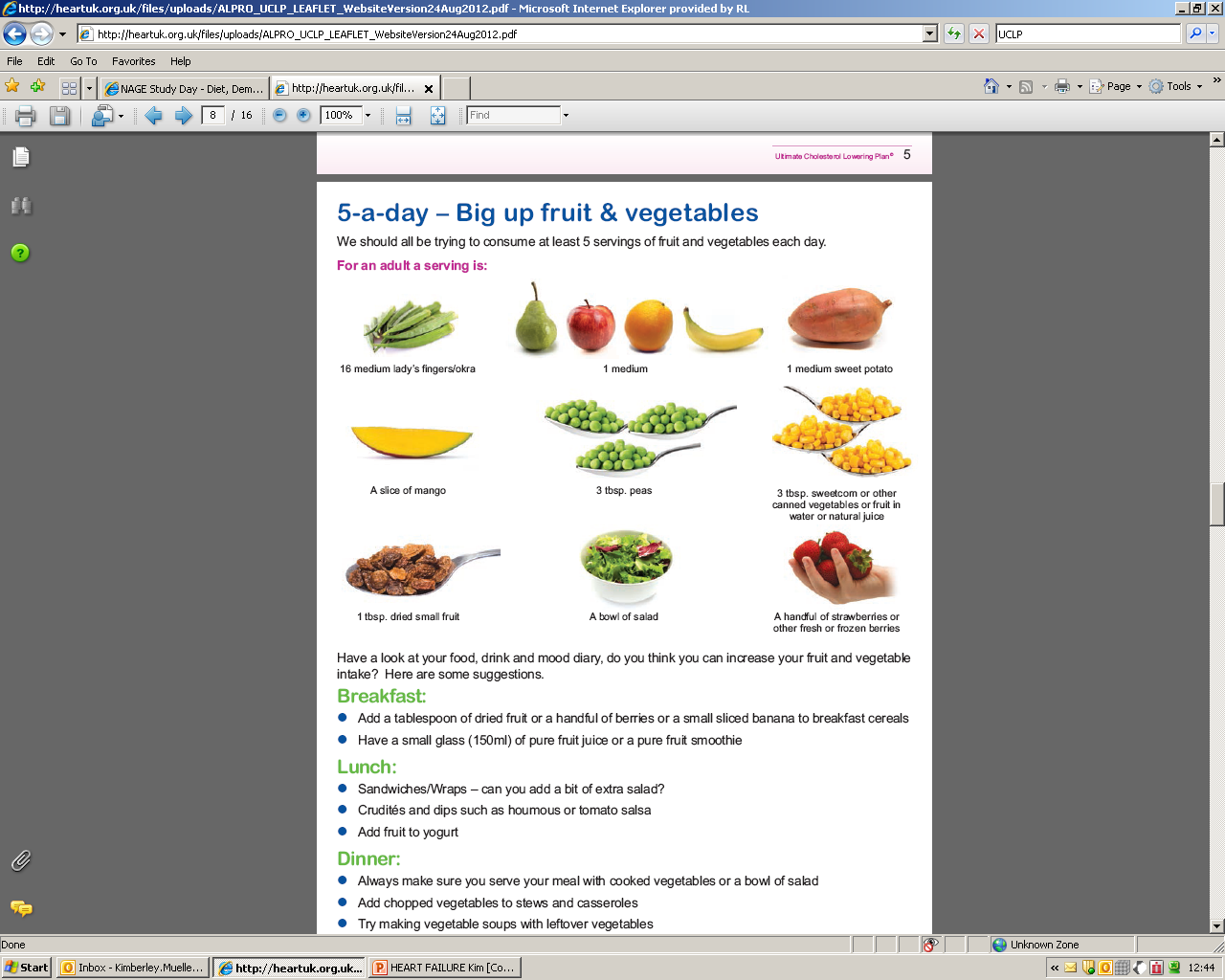
**Foods and drinks containing carbohydrate**

|  |  |  |  |
| --- | --- | --- | --- |
| **Starch** | **Added/free sugars** | **Natural sugars** | |
| Bread  rice  potato  pasta  noodles  breakfast cereals  oats  C:\Documents and Settings\Tim\Local Settings\Temporary Internet Files\Content.IE5\P3GQ7LQN\sweet-potato[1].jpgcouscous  yams  corn  plain biscuits and buns  crackers  anything made with flour such as pizza, pastry and thickened sauces and soups  lentils and legumes\*  some vegetables\* (starchy) | Granulated sugar (brown/white  sweets  chocolate  jams/preserves  sugary soft drinks  honey  syrups  fruit juice  jelly  cakes∆  desserts ∆  biscuits ∆  ∆ *contain carbohydrate from starch* ***and*** *sugar* | **Fructose** (fruit sugar)  Fruit (fresh, dried, tinned and juice) | **Lactose** (milk sugar)  Milk  dairy foods like yoghurt, fromage frais and ice cream |

**Food and drinks that do not contain significant amounts of carbohydrate**

**Most vegetables and salad vegetables\*

Cheese

**Meat

**Fish

Eggs

**Seeds

**Nuts\*

Fats (butter, fat spreads, oils)

**Water

**Spirits

Wines other than sweet/fortified wines

Black tea/coffee

Diet pop

*Foods marked \*do contain some carbohydrate but not a significant quantity unless eaten in large servings*