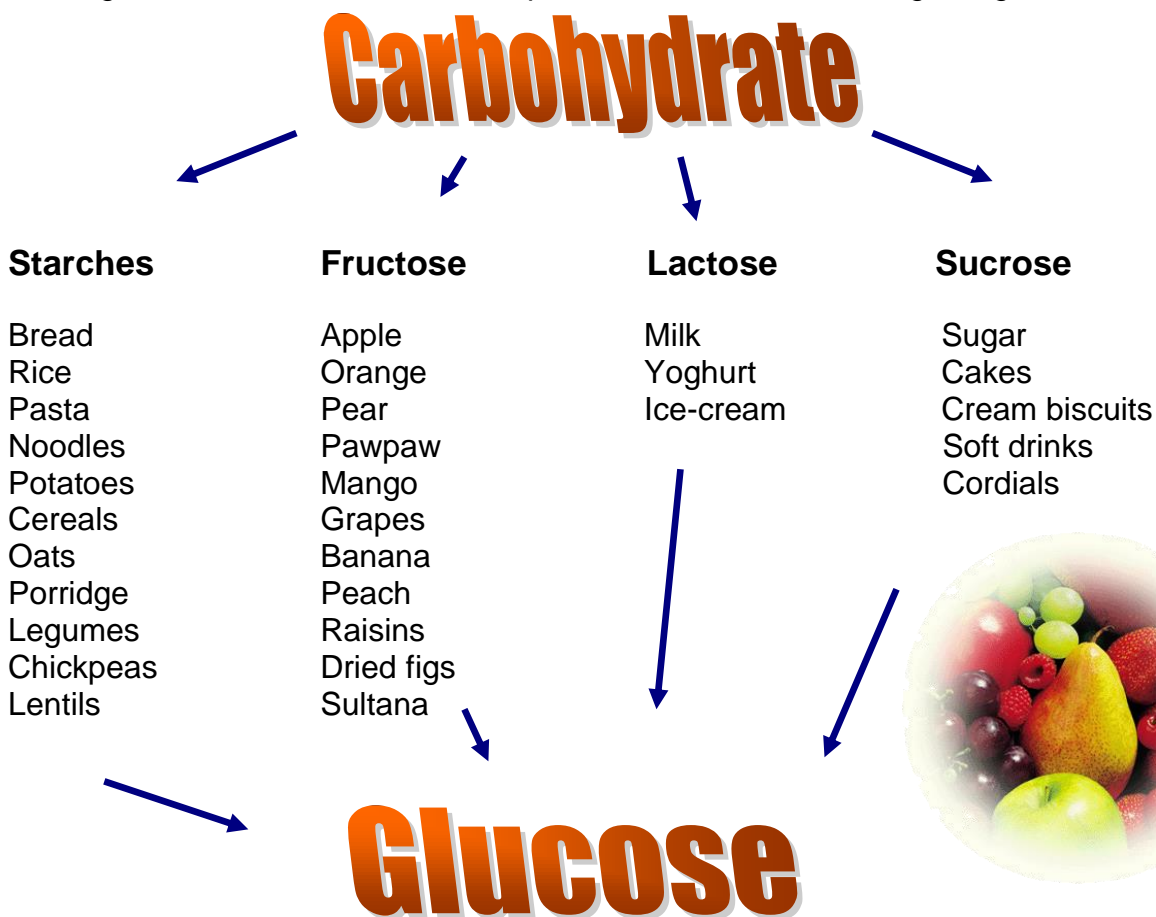


Sources of Carbohydrate Foods

Carbohydrate foods form an essential part of the diet. The body breaks down all carbohydrates (both starches and sugar) into glucose which is used as fuel or energy in the body. Eliminating or avoiding all carbohydrate foods is not the way to manage your diabetes.

Carbohydrate foods are loaded with many other vitamins and minerals. Fruits are excellent suppliers of vitamin C while dairy products provide calcium for strong bones. Wholegrain breads and cereals also provide folate and fibre for good gut health.



Some people think that because carbohydrates cause a rise in the blood glucose level, it should be avoided. This is incorrect. However, some food rich in carbohydrates are high in refined sugars and often high in fat. These foods include cream biscuit, cakes and chocolate. These carbohydrates provide little to the diet except extra calories which can lead to excess body fat and weight gain. These foods should be limited in a healthy diet.

A final point to note; while the challenge is deciding which carbohydrate choices are the better ones, consuming a large amount or portion of any 'good' carbohydrate food can still result in a high blood glucose response. The quantity is just as important as the quality.

Adapted from 'Traffic Light Guide to Food' 1997–Diabetes Education and Assessment Program
Royal North Shore Hospital St Leonards NSW Australia