

## The Good Carbohydrate Food Guide

- Breakfast cereals – try to include some wholegrain varieties, e.g. Shredded Wheat, Weetabix, Branflakes, Muesli, Porridge, Allbran etc
  - Bread – All types (include some wholewheat), pitta bread, muffins, crumpets, bagels, naan, chappatis, raisin bread, malt loaf, fruit loaf
  - Crispbreads, water biscuits, oatcakes and rice cakes
  - Pasta and rice and noodles – try to include some wholewheat varieties
  - Potatoes and potato products
  - Pitta bases – try to watch what you have on top. Lower fat toppings include ham and pineapple, vegetarian and mushroom, ham and tomato
  - Sweetcorn and popcorn
  - Beans (e.g. baked, green, kidney, aduki and butter beans)
  - Peas and chickpeas
  - Lentils and pearl barley
  - Root vegetables (carrots, parsnips, swedes, etc)
  - Twiglets, sesame sticks, Japanese rice crackers
  - Fruit – all fruit, fresh, dried and canned
  - Chocolate confectionery and cereal bars
  - Sugar confectionery (jelly beans, jelly babies, boiled sweets, liquorice allsorts)
  - Jam, marmalade, honey and fruit spreads
  - Biscuits – the ‘plain’ varieties contain less fat
  - Pop tarts
  - Buns – currant, tea cakes, scones and other ‘plain’ buns
- 
- Cakes – fruit cake, gingerbread, parkin, rock cakes and other ‘plain’ cakes
  - Puddings – e.g. fruit crumble, bread pudding, rice pudding, jelly and custard, banana custard
  - Fruit yoghurts
  - Sweetened soft drinks and fruit juices
  - Sugar added to food
  - Commercial carbohydrate drinks, e.g. Lucozade, Gatorade, Maxim and Isostar

### **Snacks for Competition and After Training**

Sandwiches (try banana/jam/honey	Roll/Pitta bread
Muesli bars and dried fruit bars	Popcorn
Fresh/dried/canned fruit	Rusks or dried cereal
Current buns/Tea cakes/Malt loaf/Raisin bread	Oasters/Twiglets/Tortilla chips
Sesame snacks	Sesame sticks
Fruit cake	Pop Tarts
Plain type biscuits e.g. Rich Teas/Digestive/Garribaldi/Fig rolls	Jelly cubes
Scones/Muffins/Brioche/Crumpets	Bowl cereal
Toast	Carton low fat rice pudding
Low fat fruit yoghurts	Crispbreads/rice cakes/crackers
Slice of pizza (thick base)	Bread pudding/Cheese buns/Scotch pancakes
Drinks – juices/Squashes/Commercial carbohydrate drinks	