

HEALTHY CARBOHYDRATE SWAPS

WHOLE GRAINS

Whole grains are a good source of carbohydrates and provide us with more nutrients and fibre than refined grains.

White bread



Whole grain or wholemeal bread

White rice



Brown rice

White pasta



Wholemeal pasta

Sugary breakfast cereals



Oats, Weetbix, or wheat flakes

LOWER CARB OPTIONS



Zucchini noodles or spaghetti squash



Pulse pasta (made from peas, lentils, chickpeas or beans)



Cauliflower rice



Top tip: Add lower carbohydrate vegetables to your mashed potato, such as carrots or broccoli





SOMETHING SWEET



Ice cream

Sugar
(in baking)

Jam

Flavoured
yoghurt

Chocolate
bar

Fizzy drinks



Blended
frozen
banana

Applesauce/
apple puree

Mashed
banana

Greek
yoghurt
with fruit

Dark
chocolate

Sparkling
water with
a splash
of juice

CHOOSE FRUIT

If you feel like something sweet, having a piece of your favourite fruit is a healthy choice



REMEMBER to be portion savvy with your
carbs!

A **closed fist** is a good guide for a portion of starchy carbohydrate foods like taro, potato, kūmara, rice, pasta and bread.

