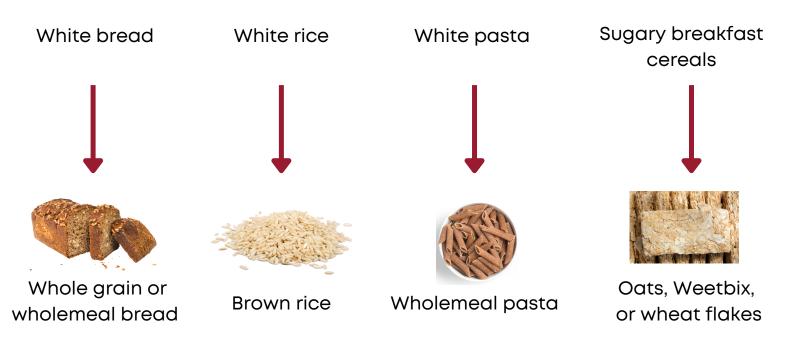
HEALTHY CARBOHYDRATE SWAPS

WHOLE GRAINS

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



LOWER CARB OPTIONS



Zucchini noodles or spaghetti squash



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



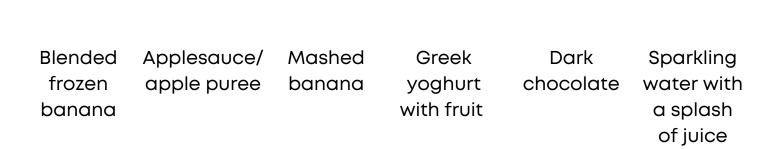
Cauliflower rice



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







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.

