

CARBOHYDRATES

GOOD FOR ENERGY

Food sources

Wholegrain rice, wholemeal flour, oats, quinoa, millet, rye, fruit, vegetables, potatoes, beans, lentils, cereals eg: muesli, corn or wholewheat pasta.

Avoid sugar, white flour and processed grains.

Recommended daily allowance

Patrick Holford, the nutritional expert recommends 65% of our diet should be carbohydrates.

Functions

Good for energy, essential nutrients & fibre.