



Main Carbohydrate Sources

Bad Choice	Better Choice	Best Choice
White rice	Brown rice	Organic brown rice
White bread	Wholewheat bread	Rye bread or spelt bread
Wheat-based white pasta	Wholemeal pasta	Brown rice or spelt pasta
Jasmine rice	Basmati rice	Brown or wild rice
Cookies	Rice cakes with nut butter	Rice cakes with avocado and prawns
Pizza bases	Wholewheat pizza base	Spelt pizza base
Fries	Wedges	Jacket potato
Tinned vegetables	Frozen vegetables	Fresh organic vegetables
Deep-fried food	Pan-fried food	Grilled, steamed or boiled food