

FOODS CONTAINING VERY LITTLE CARBOHYDRATE

Non-starchy vegetables (fresh/frozen)



Protein foods



Condiments, sauces and drinks



Fats and oils



CARBOHYDRATE CONTAINING FOODS

All carbohydrates are broken down by the body into glucose. Some carbohydrates digest quickly and others more slowly.

Breads, cereals and grains



Dairy and alternatives



Starchy vegetables and legumes



Fruit - (whole, tinned, dried and juice)



Sweet and sugary carbohydrates

