FOODS CONTAINING VERY LITTLE CARBOHYDRATE

Vegetables and some fruit

Protein foods

Condiments, sauces and drinks

Fats and oils

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, “NEMO”, team. Adapted by Diabetes Queensland with permission.

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