FOODS CONTAINING VERY LITTLE CARBOHYDRATE

Condiments, Sauces & Drinks

Protein Foods

Fats & Oils

CARBOHYDRATE AWARENESS

This is an introduction to carbohydrate recognition for diabetes. You will need to see an Accredited Practising Dietitian for further education. This is a consensus document by Dietitians from the Diabetes NEMO Group. Disclaimer: http://www.health.qld.gov.au/masters/copyright.asp

This document was originally developed by the Queensland Type One Group in 2009

Reviewed May 2016

Due for review: May 2018
CARBOHYDRATE CONTAINING FOODS

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

**Breads & Cereals**

**Milk & Dairy Alternatives**

**Starchy Vegetables, Lentils & Pulses**

**Fruit:** whole, tinned, dried, & juice

**Sweet & sugary carbohydrates**

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