

Carbohydrate Foods in a Healthy Diet



Why do we need carbohydrate?



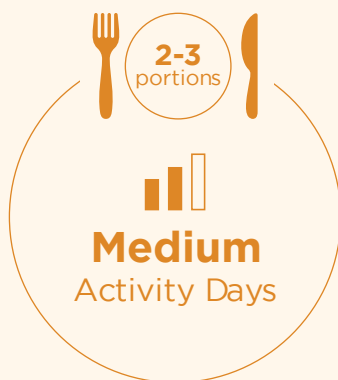
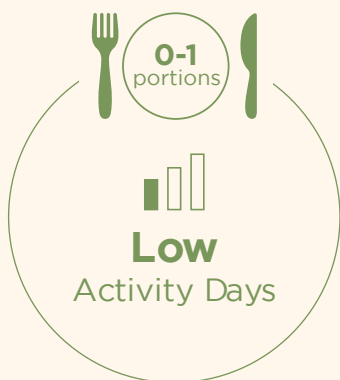
1. Carbohydrate provides energy to fuel brain function and physical activity, including everyday tasks, leisure and sporting activities



2. Many carbohydrate foods are also sources of dietary fibre, important for gut health, including wholegrain cereals and grains, fruit, vegetables and legumes.

How much carbohydrate food do I need?

The amount of carbohydrate food recommended in a healthy diet will depend on your level of physical activity. You will need more carbohydrate food portions on more active days than less active days.



What is a low, medium and high activity day?

0-1 hr



Low intensity physical activity and/or incidental activities

including leisurely or everyday activities
e.g. walking, gardening, cleaning or shopping.

1-2 hr



Moderate to intense physical activity and incidental activities

which slightly increase and maintain your heart rate e.g. bike riding, swimming, jogging, gym classes, and hiking.

2+ hr



Intense physical activity and incidental activities accumulated over a day

involving repetitive exercises and a high heart rate
e.g. boxing, spin classes and team sports.

Portion Size Guide

This portion size guide provides examples of amounts equivalent to one portion of carbohydrate. Use this guide for amounts and for choosing a variety of carbohydrate foods to balance your meal.

	1 portion
<i>Pasta/noodles/grains</i>	½ cup cooked pasta/noodles/quinoa ¼ cup cooked rice
<i>Legumes (beans, peas, lentils)</i>	¾ cup cooked beans or legumes
<i>Bread</i>	1 slice bread or ½ roll or wrap
<i>Starchy vegetables</i>	1 medium potato ¼ medium sweet potato ½ corn cob
<i>Fruit</i>	1 piece fruit (medium apple, banana, pear) 2 small pieces fruit (kiwi fruit, nectarine, apricot)
<i>Dairy Foods</i>	1 glass milk (250mL) ½ cup yoghurt

Meal ideas



0 portions



½ cup rice = 2 portions



¾ cup rice = 3 portions



1 slice of toast = 1 portion



½ cup rice + ¾ cup chickpeas
= 3 portions



¼ medium sweet potato
+ ½ cup cooked quinoa + 1 piece fruit
+ ½ cup yoghurt = 4 portions