



# Where do you find carbohydrates?

Information for people with Diabetes  
Dietetics Department



When you have diabetes you need to **remember to eat starchy carbohydrate foods as part of each meal**. This is important to give you energy and to keep your blood sugars balanced.

You will find that there are different types of carbohydrate. **Starchy carbohydrates** are the most important ones. **Here are some examples:**

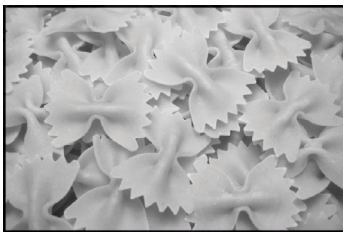
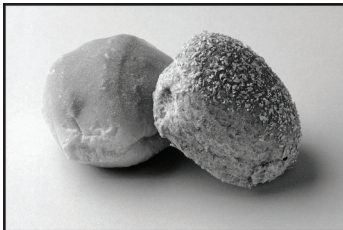
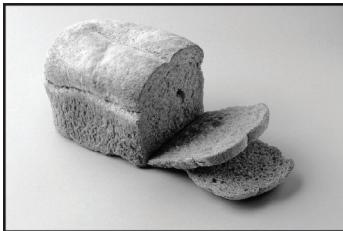
- ❖ **Bread and bread products -**  
all types, rolls, bagels, crumpets, tea cakes and fruit breads, chapatti, naan bread, poppadoms, pitta bread, pizza bases, French bread, garlic bread, tortilla wraps, breadcrumbs
- ❖ **All cereals and grains -**  
flour and flour products oats, barley, corn, cous cous, semolina
- ❖ **Breakfast cereals -**  
all varieties of non-sugar and non chocolate coated breakfast cereals, e.g. porridge, weetabix, shredded wheat
- ❖ **Potatoes and potato products -**  
all varieties, including boiled, mash, jacket, waffles, croquettes, chips, roast, sweet
- ❖ All varieties of **rice, pasta and noodles**
- ❖ **Plain biscuits & buns -**  
scones, malt loaf, fruit buns, scotch pancakes
- ❖ Crackers, crisp breads, rice cakes, oatcakes, bread sticks
- ❖ **Beans and lentils**

Other places you will find Carbohydrate:

- ❖ Fruit and fruit juice
- ❖ Milk and yoghurts
- ❖ Puddings and other treats including: custard, rice pudding, popcorn, chocolate, sweets, cake, ice-cream, chocolate and sugar coated cereal. These should be limited and consumed alongside a meal.

Carbohydrate **is not** found in:

- ❖ Vegetables
- ❖ Fats: oils, butter, margarine
- ❖ Protein foods: plain meat, plain fish, eggs and cheese.



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