

Session 7 – Carbohydrates – Sugars and Starches

Carbohydrates are needed for energy...



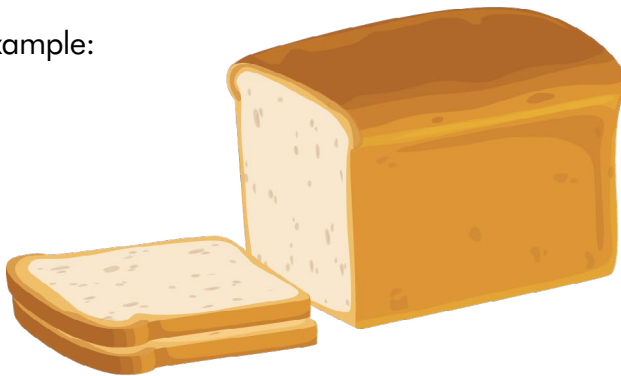
What is Glycaemic Index (GI)?

GI is the measure of how quickly a carbohydrate food will make your blood glucose levels rise.

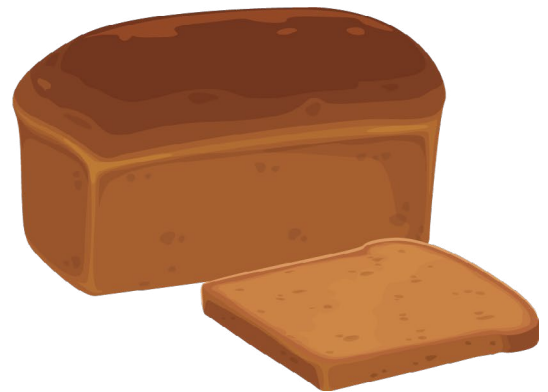
Higher GI = quicker release

Lower GI = slower release

Example:



White bread releases energy quickly as it is a 'refined' carbohydrate.



Wholemeal bread releases energy much slower as it is 'non-refined'.

Sugar

Sugars are added to foods by manufacturers, cooks or consumers.

Sugars are naturally present in honey, syrups and unsweetened fruit juices.



Adults should have no more than 30g of free sugars = **7 cubes of sugar a day.**

No more than 90g total sugar = free sugars + natural sugars found in fruit, vegetables and milk.

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Circle any of the words you think are a form of sugar:



Maltose



Treacle

Dextrose

Fructose

Corn syrup

Invert sugar

Molasses

Glucose

Rice syrup

Maple syrup

Ways you can cut down on sugar:

- Control your portion sizes for spreads and condiments – choose lower or reduced sugar versions
- Check the food label
- Eat dried fruit with your meal not as a snack
- Choose tinned versions of foods in water not syrup
- Choose wholegrain breakfast cereals not those coated in chocolate
- Add fruit to your breakfast cereals rather than sugar
- Include vegetables with every meal
- Don't add sugar when you cook
- Cut down on the amount of sugar you add to your hot drinks
- Be careful with 'Sugar free' products
- Choose 'non-refined' options like wholemeal bread
- Don't drink more than 150ml of fruit juice a day

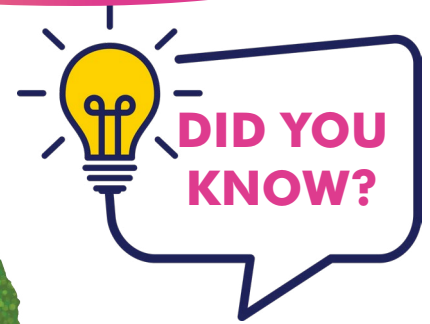
Can you think of more ways you can cut down on sugar?



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Fibre



...that dietary fibre is only found in foods that come from plants

What are the different types of fibre?



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Ways to get 30g of fibre in a day

- Choose wholegrain versions of carbohydrates
- Add fruit to your breakfast
- Have baked potato with skins
- Include lots of fruits and vegetables in your diet
- Include grains, seeds and pulses
- Have a small portion of nuts as a snack



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Behaviour change diary

	Nutrition goal	Physical activity goal	Did you do it? ✓ Yes ✗ No P = Partly	Comments What made it easy? What made it hard?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				