



*THIS ARTICLE IS BROUGHT TO YOU BY HANAN SALEH DIETITIAN
WWW. THE FOOD EXPERT.COM.AU
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CARBS DON'T MAKE YOU FAT! Not all carbs were created equal ☺

- The key is eating the right types of carbs at the right times
- Heavily processed carbs like white bread and sugar are the wrong choices
- You will lose some weight by cutting out carbs, but it's not necessary to cut them out completely, just reduce your portions
- If you completely avoid carbs, you will crave them eventually and eat a lot more than you should have to compensate!
- Carbs have the same number of kilojoules (gram for gram) as proteins (4kcal/g vs fats which have 9kcal/g!)
- Low GI carbs are the key to optimising weight control. These include the following:
 - Whole grains (cereals e.g All Bran, Special K, Vita Brits, Weet Bix, Guardian, Sustain, bread e.g Burgen S & Linseed or Rye, TIP TOP 9 grain multi grain, wholemeal or white pasta, long grain or basmati rice)
 - Basmati Rice, long grain white rice
 - Oats
 - Legumes, lentils, baked beans, soy beans, chick peas, kidney beans
 - Fruits (apples, pears, strawberries, berries, passionfruit, grapes, orange, banana, mango, kiwi fruit)

AVOID HIGH GI CARBS SUCH AS:

- Sugary soft drinks
- Lollies, biscuits, cake, chips (hot chips or crisps), chocolate
- Potatoes, white bread, Jasmine rice
- Watermelon, dates
- Coco pops, Nutri Grain, Milo, Froot Loops, Frosties, Crunchy Nut cereals
- Table sugar



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