

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

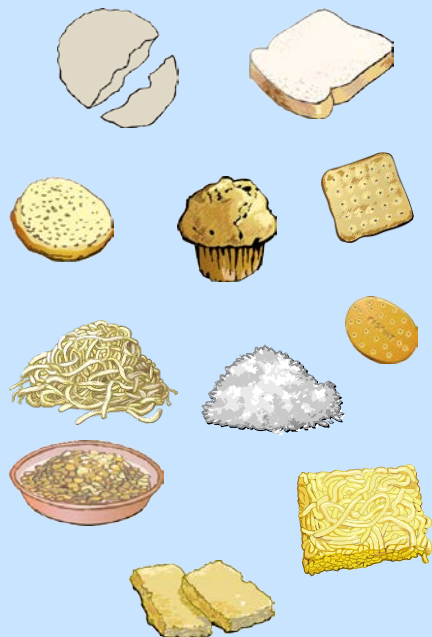
Reviewed May 2016
Due for review: May 2018



CARBOHYDRATE CONTAINING FOODS

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

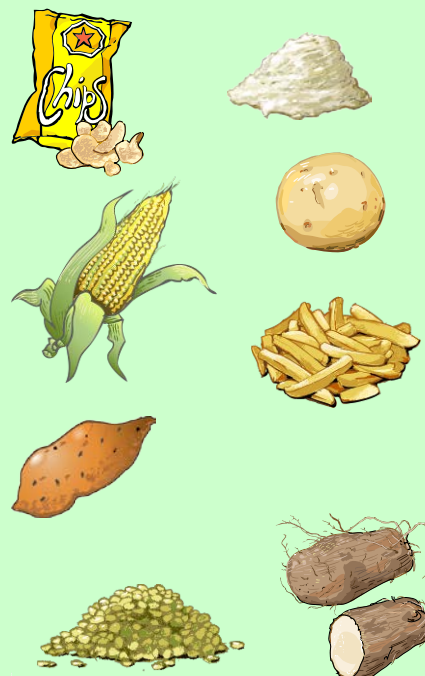
Breads & Cereals



Milk & Dairy Alternatives



Starchy Vegetables, Lentils & Pulses



Fruit: whole, tinned, dried, & juice



Sweet & sugary carbohydrates



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