



SUGAR (simple carbs)



SUGAR – occurs naturally in fruit, vegetables, honey, grains and milk. 4 types:

GLUCOSE: normally combined with other types of sugars

FRUCTOSE: fruit, honey, root vegetables, sugar cane and corn

SUCROSE: fruit, vegetables and grains; sucrose is a combination of glucose and fructose

LACTOSE: milk; lactose is a combination of glucose and galactose

REFINED SUGAR – not natural:

Has been refined/processed, e.g. table sugar, fruit juice concentrate and syrups

ADDED SUGAR:

Sugar that is added to processed food or food you prepare at home. Usually refined but can be natural (e.g. honey, dates, sultanas)

STARCH (complex carbs)



STARCH – occurs naturally:

Some vegetables (potatoes and sweet potatoes, sweet corn, parsnip, pumpkin)

All pulses (dried beans/legumes)

Bananas (especially less ripe)

Whole grains

RESISTANT STARCH – occurs naturally:

Pulses and bananas (especially unripe)

In smaller quantities in cold cooked potatoes, rice or pasta

Behaves more like fibre

REFINED AND MODIFIED STARCHES – not natural:

Processed grains, refined flours and manufactured food (used for improving shelf life and other purposes)

FIBRE (complex carbs)



SOLUBLE – occurs naturally:

Oats, barley, apples, pears and citrus fruit, psyllium husk, many vegetables and legumes such as peas and beans

INSOLUBLE – occurs naturally:

Bran (from wheat or rice) and whole grains

Nuts and seeds

Fruit and vegetable skins

MANUFACTURED – not natural:

Isolated from plant sources:

Inulin, pectin, vegetable gums

