



High-Carb Foods

All food on this list is 'high-carb': more than 50% of its total energy is from sugar and/or starch.
Non-starchy vegetables don't make it to this list because their carb content is so low.

Whether eating any of these foods provides a significant quantity of carbs overall depends how much of it you have.

GREEN ZONE – EAT MOST

AMBER ZONE – LIMIT QTY

RED ZONE – AVOID

HIGH IN STARCH

GREEN ZONE: NATURAL STARCH (with resistant starch)

Pulses such as chickpeas, lentils, split peas and other types of dried beans.

AMBER ZONE: NATURAL STARCH (little or no resistant starch)

Starchy vegetables – potato, sweet potato, parsnip and sweet corn.
Wholegrains – e.g. brown rice, wild rice, oats, wheat, barley, rye.
Products made with wholegrain flour (e.g. some types of bread and pasta). It's rare to find 100% wholegrain flour products – but you can find some that are more than 40% wholegrain.

RED ZONE: REFINED STARCH

Refined grains, including wheat and rice (hull and kernel removed, leaving just the starch).
Flour made from refined grains – this is 99% of all flour on supermarket shelves.
Products made with refined flour – most biscuits and crackers, pastry, bread and pasta.

HIGH IN SUGAR

AMBER ZONE: NATURAL SUGAR

All fruit, as well as some vegetables, e.g. beetroot, carrot and pumpkin.
Yoghurt (low fat, unsweetened).
Yoghurt higher in fat or protein drops below 50% energy from carbs.

RED ZONE: REFINED SUGAR

Sugar that's been processed – for example cane sugar, fruit sugar (fructose), coconut sugar, agave syrup and maple syrup.
Products made with refined sugar – sweets, lollies, soft drinks, ice cream, flavoured yoghurt, jam and marmalade, syrups and sauces.

HIGH IN BOTH SUGAR AND STARCH

RED ZONE: BOTH REFINED SUGAR AND REFINED STARCH

Sweetened baked goods – cake, sweet biscuits, sweet pastries and sweet bread, e.g. yeast buns.
Many processed breakfast cereals.