

Carbohydrate Foods in a Healthy Diet



How to match carbohydrate food amounts in main meals for different physical activity levels.

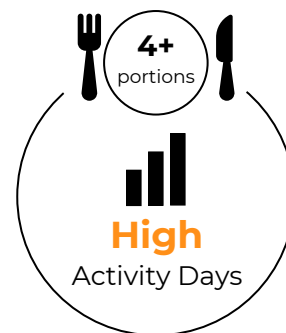
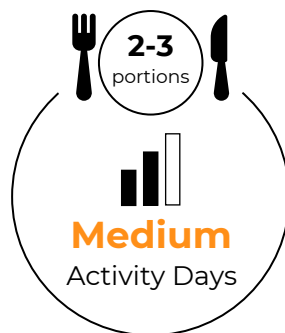
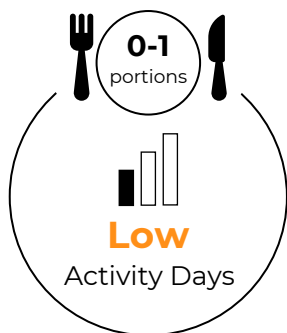
Why do we need carbohydrate?

1. Carbohydrate provides energy to fuel brain function and physical activity, including everyday tasks, leisure and sporting activities.

2. Many carbohydrate foods are also sources of dietary fibre, important for gut health, including wholegrain cereals and grains, fruit, vegetables and legumes.

How much carbohydrate food do I need?

The amount of carbohydrate food recommended in a healthy diet will depend on your level of physical activity. You will need more carbohydrate food portions on more active days than less active days.



What is a low, medium and high activity day?

0-1 hour



Low intensity physical activity and/or incidental activities

including leisurely or everyday activities e.g. walking, gardening, cleaning or shopping.

1-2 hours



Moderate to intense physical activity and incidental activities

which slightly increase and maintain your heart rate e.g. bike riding, swimming, jogging, gym classes, and hiking.

2+ hours



Intense physical activity and incidental activities accumulated over a day

involving repetitive exercises and a high heart rate e.g. boxing, spin classes and team sports.