



**Healthy Hearts**  
CHANGE TODAY. FOR A BETTER TOMORROW

# Carbohydrates

Carbohydrates are an important part of a healthy diet, providing the body with glucose, our energy supplier. Carbohydrates therefore are essential for body functions and physical activity. But there are two things to keep in mind when you choose your carbohydrates:

The **type of carbohydrate** some sources are healthier than others.  
The **amount of carbohydrate** in the diet

**Go for whole grains:** such as whole wheat bread, rye, barley and vegetables, fruits and beans— Overall, using this food as a source of carbohydrates promotes good health, providing our body with vitamins, minerals, fibre.

**Mind your portions:** every balance diet starts with a good and varied content of foods.

Food per day	group	portions	Starchy carbohydrate	Fruit and veg
Male BMI within healthy weight for height range 2500 kcals			10-12	5-8
Female BMI within healthy weight for height range 2000 kcals			8-10	5-6

**Reduce and swap processed or refined foods:** white alternatives of pasta and bread contain easily digested carbohydrates that spikes your energy level for a short time and leave your even hungrier after a short time.

