



## 6.2

Most of us know that we should be eating a healthy, balanced diet, with over half (55%) of our energy intake coming from carbohydrates, around 12-15% from protein and less than 30% from fat. However, less is said about the good sources of these types of foods. Over the next few issues, *Tate & Lyle today* will examine each of the food types in further detail, starting with carbohydrates.

### Which foods are high in carbohydrates?

Carbohydrates come in the form of starches and sugars, and are found in many foods including:

- all types of bread, pasta, noodles, rice and potatoes
- breakfast cereals
- peas, beans, lentils and chickpeas
- fresh, dried or canned fruit
- jam, honey and marmalade
- fruit juices and regular soft drinks



### Five-a-day

As well as being good sources of carbohydrates, fruit and vegetables are an excellent source of vitamins, minerals and fibre. Nutritionists recommend that we should be eating at least five servings a day.

### How much is a serving?

- a glass of orange or other fruit juice
- 2 tbsp vegetables – raw, cooked, frozen, canned
- 1 dessert bowl of salad
- 1 apple, banana or orange
- 2 plums

*Next issue, protein.*



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