Starchy foods

- These should make up approximately one third of your total daily food intake.
- Try to include some at every meal by basing your meals on foods such as breads, pasta, rice or potatoes.
- Choose whole grain varieties of potatoes with skin as much as possible as these contain more fibre, vitamins and minerals.

<table>
<thead>
<tr>
<th>What counts?</th>
<th>Example portion sizes*</th>
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<tbody>
<tr>
<td>Breakfast cereals and oats</td>
<td>2 wheat biscuits, 50g no added sugar muesli</td>
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<tr>
<td>Bread</td>
<td>2 slices of medium sliced bread</td>
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<tr>
<td>Potatoes, yams, sweet potatoes, plantain</td>
<td>1 medium baked potato or 4-5 boiled new potatoes</td>
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<tr>
<td>Rice, couscous, bulgur wheat, barley, rye, quinoa</td>
<td>4-5 tablespoons cooked rice</td>
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<tr>
<td>Pasta and noodles</td>
<td>75g raw spaghetti</td>
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<tr>
<td>Pizza base</td>
<td>½ a ten inch thin-crust pizza</td>
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*We have listed some example portion sizes based on the meal planner available on our website. It was created for an average female adult. You may need larger or smaller portions depending on a number of factors such as age, sex, physical activity levels and the meal occasion. For more information on the meal planner see: [http://www.nutrition.org.uk/healthyliving/healthyeating/practice](http://www.nutrition.org.uk/healthyliving/healthyeating/practice)

**Top Tip:** Experiment with potatoes – try oven baked wedges with spices, new potatoes with herbs or stuffed potato skins.

**Top Tip:** Use the nutritional label to go for bread and cereal options that are lower in sugar and salt.

**Why eat these foods?**
Starchy carbohydrates can be a source of:

- Fibre, important for digestion
- B vitamins e.g. thiamine, which helps the body to use the energy from the carbohydrates we eat
- Iron, required by red blood cells which transport oxygen around the body
- Calcium, to help develop and maintain healthy bones

**Breakfast Ideas**
Start the day with a whole grain breakfast cereal, porridge, toast or pancakes with fruit.

**Lunch Ideas**
For a healthy lunch try sandwiches, vegetable soup and a roll, pasta salads or baked potatoes. Go for whole grain varieties and avoid high fat options.

**Dinner Ideas**
Base meals on whole grains or potatoes with skin e.g. spaghetti bolognaise with whole wheat pasta, stir fry with brown rice/whole wheat noodles or curry and brown rice.

**Top Tip:** Use the ingredients label to identify wholegrain products, look for the word “whole” e.g. wholewheat, wholemeal, whole oats, whole wheat flour.