

Potatoes, bread, rice, pasta and other starchy carbohydrates

- Base your meals around starchy foods such as wholewheat pasta, brown rice, wholewheat noodles, wholemeal breads and potatoes with the skins on.
- Choose **wholegrain** varieties as these contain more **fibre**, as well as **vitamins** and **minerals**.

What counts?

Wholewheat varieties of **pasta, noodles** and **couscous**

Grains such as brown rice, bulgur wheat, barley, rye, quinoa, corn, oats and freekeh

Wholegrain bread and bread products such as wholemeal varieties of bread rolls, sourdough, pitta, chapattis, bagels and roti

Potatoes with the skins on: baked, boiled or roasted

Yams, cassava, breadfruit, plantain and associated products such as fufu

Why eat these foods?

Wholegrain starchy foods give us:

- ✓ **Fibre** – helps to maintain normal bowel function.
- ✓ **B Vitamins** – for example thiamine which helps the body use the energy from the carbohydrates we eat.
- ✓ **Folate** – needed for the formation of healthy red blood cells and for the nervous system.
- ✓ **Magnesium** – contributes to reduction of tiredness and fatigue.
- ✓ **Copper** – helps the immune system to function as it should.

TOP TIPS

Experiment with potatoes – try oven baked potato wedges with spices, potatoes with herbs, or stuffed potato skins.

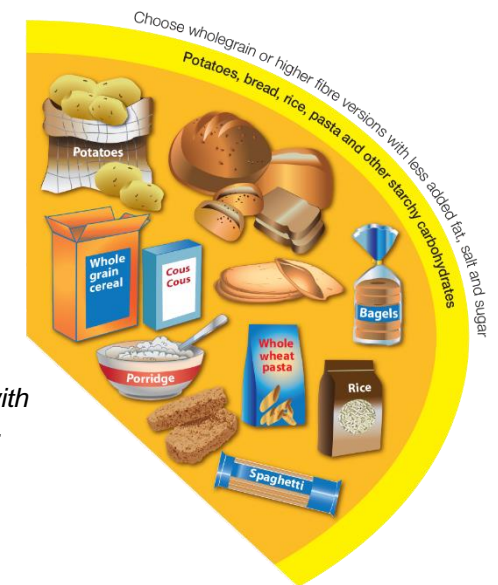
Look at the **ingredients list** to identify wholegrain products – look for **wholewheat** and **wholemeal**.

Wholegrain foods can also include wild rice, bulgur wheat, quinoa, oats, rye and barley.

Limit adding ingredients high in saturated fat to starchy foods like ghee in chapattis, butter on potatoes or cream in pasta sauces.

Note: Choose starchy foods with less added fat, salt, and sugar.

Note: Other root vegetables such as sweet potatoes, taro root, parsnips and turnips are part of vegetable group.



Meal Ideas for Starchy Foods

Breakfast

Wholegrain breakfast cereal, porridge using oats or cornmeal, wholemeal toast, poha or idli.

Lunch

Sandwiches with wholemeal bread, vegetable stew with wholemeal pitta, baked potato with the skin on or add grains to your salad.

Dinner

Spaghetti Bolognese with wholewheat pasta, stir fry with wholewheat noodles, curry with yams or cassava and injera with stews.