

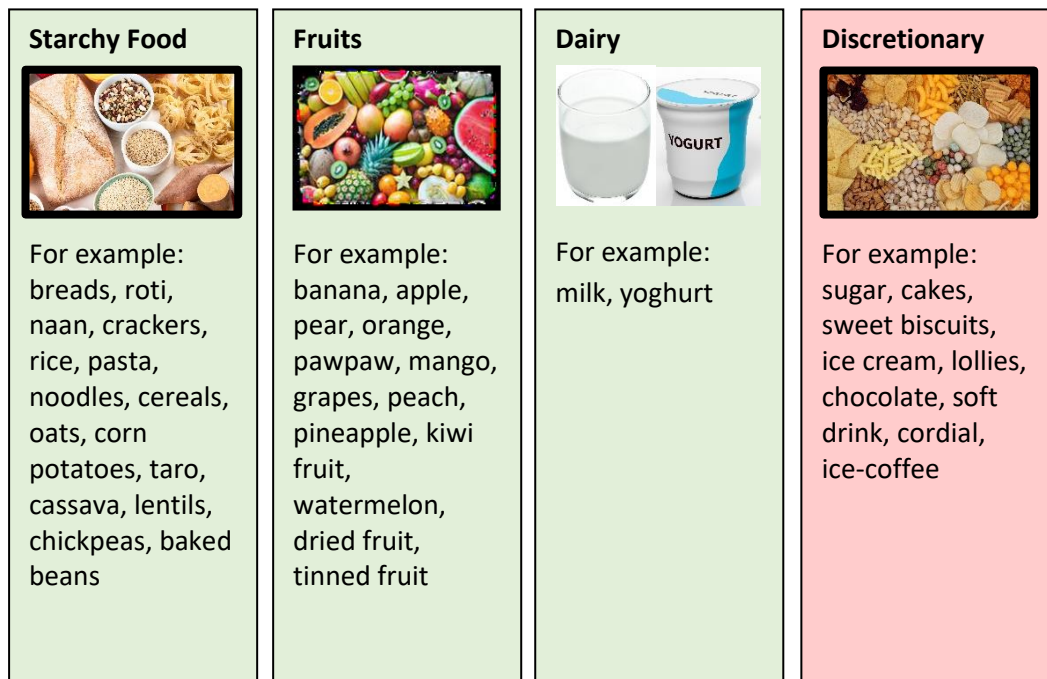
## Sources of Carbohydrate Foods

Carbohydrate foods are broken down by the body into glucose (sugar). This glucose then travels through our blood vessels into our muscles and brain to be used as energy for the body.

Many carbohydrate foods also provide important nutrients including vitamin C, calcium and folate, as well as fibre to keep our gut healthy. People with diabetes do not need to avoid carbohydrate foods, instead it is recommended to consume them in moderation and spread evenly across the day.

However, there are some highly processed carbohydrate foods that come under the discretionary foods category. This means they are low in nutrients but high in refined sugars, saturated fats or sodium (salt). These types of carbohydrate foods should be limited in a healthy eating plan for everyone.

# Carbohydrate



**Glucose**  
(blood sugar)

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