

SLOWLY DIGESTED CARBOHYDRATE

The foods listed below when combined regularly within in your eating pattern, will provide you with more sustained energy levels, regulate your blood glucose levels, keep you satisfied for a longer time, plus more.

BREAD – As a general rule grainy bread

Burgen Oat Bran 'N' Honey Loaf with Barley, Burgen Soy 'N' Linseed, Ploughmans Whole-grain, Taylors, Tip Top 9 grain, Pumpnickel, Pott's 100% Sourdough, Performax, Honey and Oats bread-Vogel's brand, Burgen dark swiss rye bread, Linseed Rye Bread, Viata-Weat original crispbread, cracker biscuit, Bajra (Indian bread).

BREAKFAST CEREAL – As a general rule high in fibre and less processed

Kellog's All-Bran, Kellog's All-Bran Fruit and Oats, Rolled oats, Kellog's Guardian, rice bran, oat bran, untoasted muesli, special K (add fibre source), Healthwise for Heart Health.

PASTA

All varieties (excluding gluten free varieties)

RICE

Wild and Long grain rice (Basmati, Doongara)

GRAINS

Barley, buckwheat, bulgur,

LEGUMES

All varieties

VEGETABLES

Sweet potato and sweet corn

FRUIT

All fruit, firm bananas. Tinned fruit in natural juices



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