



Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates. Choose wholegrain where possible, such as wholewheat pasta and brown rice or leave skins on the potatoes, in order to increase the amount of fibre, which helps to keep your bowels healthy.

These foods should make up just over a third of the food we eat. Some people think starchy food is fattening, but gram for gram, it contains less than half the calories of fat. You just need to watch the fats you add in the cooking, so as not to increase the calorie content.

Starchy foods are our main source of carbohydrate, they play an important role in a healthy diet. They are also a good source of energy, and the main source of a range of nutrients in our diet. As well as starch they contain fibre, calcium, iron and B vitamins.

Regularly eating starchy foods, can help keep the amount of fat in your diet in check.

This next week at South Avenue Primary School, we are asking, the staff and pupils, to eat the foods high in carbohydrates from their dinner plate.

