

Healthier Communities,
Outstanding Care



Sherwood Forest Hospitals
NHS Foundation Trust

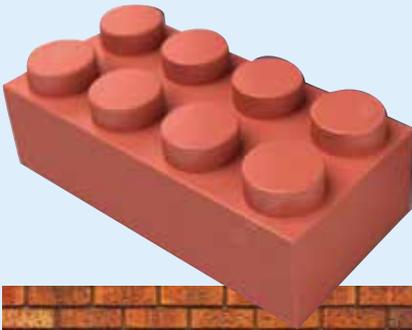
Carbohydrate foods

Information for patients

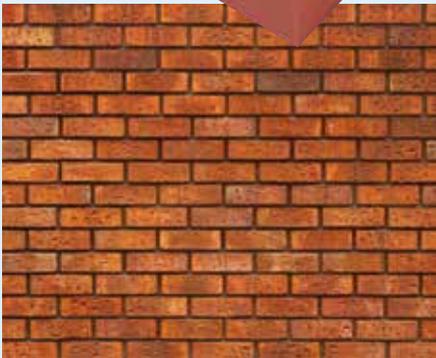


Carbohydrate, fats and proteins are the main nutrients that we get from food and drinks. They are our fuel for energy production and when we follow a healthy diet we consume these nutrients in a suitable balance to keep us healthy and support a healthy weight.

Carbohydrate foods are made of units of glucose (sugar) and it is these foods which will affect our blood glucose levels. There are simple carbohydrates (made of a smaller number of glucose units) and complex carbohydrates (made of longer chains of glucose units).



A glucose unit is like a building block – the simplest form of carbohydrate. Glucose enters the blood stream quickly causing a quick rise in blood glucose levels.



Carbohydrates are made of chains of glucose units packed tightly together – a bit like bricks cemented together to make a wall. They are broken down into single units of glucose then enter the blood stream so cause blood glucose levels to rise slower than simple sugars.

When glucose enters the blood stream it travels around the body in the blood and is taken to the body's cells where insulin drives the glucose into the cell to be used for energy production or storage.

When your pancreas stops working properly in diabetes, it no longer produces enough (or any) insulin.

In the absence of insulin, the circulating glucose cannot be taken up by the body's cells, causing blood glucose levels to rise and remain high after consuming foods and drinks containing carbohydrates.

Carbohydrate

Starches

Cereal starch:

Bread
Rice
Oats
Pasta
Couscous
Breakfast cereals
Noodles
Floured products
(for example
pizza)
Yorkshire
puddings

Vegetable starch:

Potatoes
Root vegetables
(for example
yams, parsnips,
turnips)
Plantain
Processed peas
Beans and pulses
Lentils
Sweetcorn

Foods with added sugar

Jam
Marmalade
Honey
Chocolate
Sweets
Ice cream
Cakes
Biscuits
Sugary drinks
Milkshakes

Natural sugars

Fruit sugar (fructose):

Fruit (fresh,
tinned, dried,
frozen)
Fruit juice
Fruit smoothies

Milk sugars (lactose):

Milk
Yoghurt
Fromage frais

Foods with little or no carbohydrate

Salad and most vegetables
Soya
Plain meat and fish
Fats (including butter,
spreads
Eggs mayonnaise, cream)
Cheese
Sugar free drinks
Quorn
Artificial sweeteners
Tofu
Nuts and seeds

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202206-01-CF
Created: June 2022 / Review Date: June 2024