

# Nutrition info - Carbohydrate and Gluten Free

## Carbohydrate (4 Kcal/g)

NOT an essential macronutrient unlike protein and fat as if necessary the body can generate its own carbohydrate in the liver (via a process called gluconeogenesis). Carbohydrates are however the preferred source of energy used by the body. These will make up the remainder of your diet after the protein and fat requirements have been met.

## Carbohydrate (CHO) Food List

Carbohydrate (CHO) source	Portion size to achieve 50g CHO
White Potato (skin on)	271g
Sweet Potato (skin on)	248g
Brown Rice long grain	219g
Wholegrain Pasta	175g
Basmati Rice	196g
Quinoa	299g
Cous-Cous	168g
Warburtons wholemeal bread	132g
Oats	83g
Banana	215g
Braeburn Apple	423g
Conference Pear	500g
Parsnip	439g
Baked beans (Heinz)	388g

N.B. Lists not exhaustive, please refer to individual product packaging for further information. This list is a guide to help you make positive, informed food choices. If you have any Further questions, please ask.

## Gluten Free Foods

ONLY necessary/essential for those with diagnosed Coeliac disease. There is some discussion about whether it is possible to have non-coeliac gluten sensitivity, however for the vast majority of people without a coeliac diagnosis there is NO NEED to worry about eating gluten-free foods.

What is Gluten?

Gluten is a family of Proteins found in many grains – mainly glutenin and gliadin. The Gluten in these grains is responsible for the glue-like texture of dough.

## Gluten Free Food List

Gluten Free Foods	Food type
Meat/Fish/Shellfish	High protein
Vegetables inc. Sweet and White Potatoes	High Fibre/ Starches
Fruits/berries	High Fibre
Oats	Starches
Quinoa	Starches
Basmati rice	Starches
Lard	High Fat
Nut oils	High Fat
Olive oil	High Fat
Egg	High Protein/Fat
Nuts	High Fat
Avocado	High Fat
Yoghurt	Dairy
Milk	Dairy
Cheese	Dairy
Herbs and Spices	

N.B. These lists are not exhaustive, they are here to provide you with options and to help you gain a basic understanding of food groups that you can include in your diet to fulfil certain set requirements or help you to make more informed food choices. If you have any more specific questions, please feel free to ask!