

An overview by our Dietitian on the different foods groups, a confusing topic we aim to clarify for you. This is the first in a series of articles relating to each of the food groups.

Starchy foods should make up the main part of every meal, as they provide the best source of energy for the body, and often much needed fibre and some vitamins and minerals.

Slow release starchy foods, or low GI foods, are always the better choice. Fast release or high GI starchy foods should only be chosen occasionally, and then only half as big a portion is recommended. For an explanation of the Glycemic Index (GI) concept go to the Glycemic Index section under the XXX tab.





~~Slower release – LOWER GI~~

~~Fast release – HIGH GI~~

~~Only a quarter of the carbohydrate in wheat Muesli, Nature's Source apple and spice l...~~
~~...this~~

