

JWC

HEALTH & FITNESS

**CARBOHYDRATE
INSPIRATION**



TIP



Stick to complex carbohydrates rather than simple carbs, e.g...:
Brown/ wholemeal pasta, bread, rice etc...

Include vegetables in at least one meal per day (usually evening meal),
but if trying to increase calories then include in 2 (lunch & dinner).

Fruit for snacks - 5 a day!!

BREAKFAST IDEAS

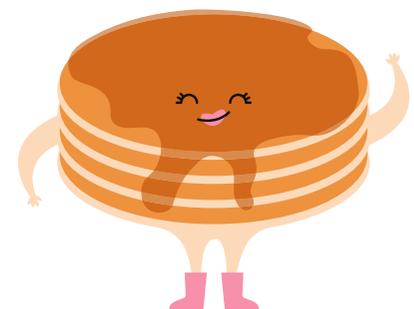
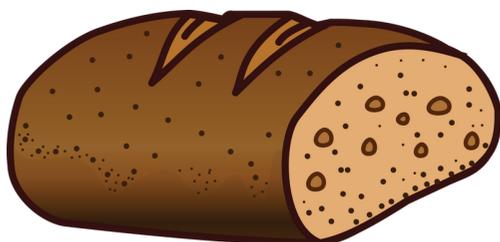
Porridge / baked oats for breakfast - can also add protein powder to this for increased protein intake.

Switching white for brown/ wholemeal/ seeded breads.

Quaker oats porridge bars for breakfast on the go.

Homemade oat bars / muffins.

Homemade pancakes - try using healthier recipes making swaps from butter to bananas for increase carbohydrates.



LUNCH IDEAS

Chickpeas, lentils, pulses – great protein source too – can be added to salads/ evening meal to replace/ add to rice & pasta dishes too.

Cous cous is great & easy – can pair with loads of veg / fish / meat to make afternoon snacks / side dishes or making a larger portion with more meat as a main.

Rice bowls filled with vegetables, meat/ tofu, low calorie dressings.

Baked potatoes with tuna/ beans/ cheese/ chilli mix.

Soups - can add pasta to soups to increase carb / calorie intake.



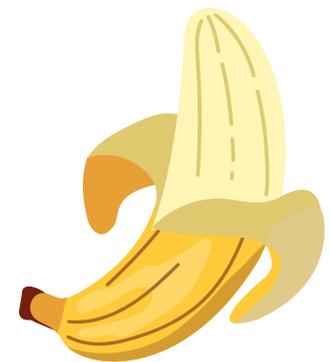
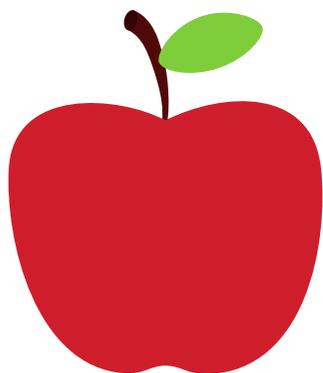
SNACK IDEAS

FRUIT! - bananas, grapes, apples, pears, pineapple.

Rice cakes are great sources of carbohydrate and tend to be low in fats – adding peanut butter / low cal spreads also to make tastier.

Making oat bars or muffins using bananas, oats, berries etc – loads of recipes for these online.

Dried fruit packets are great for sources of food / snack on the go.
Nature Valley / Quaker oat porridge bars.



DINNER IDEAS

Rice is a great versatile carbohydrate - Risottos, Rice bowls, Curry, Paella, Stir Fry etc... - in all dishes can fill with vegetables (complex carbohydrates) as well as your meat (protein).

Potatoes - baked, boiled, wedges / homemade chips, fried sliced potatoes, mashed - can use as a side to your protein & again add vegetables to increase carbohydrates.

Also using potatoes, make fishcakes - really easy & fun to make!! - can add any fish.

Chickpeas/ lentils are great carbohydrates if you're trying to cut back on calories - can be made into curries/ stews/ salads etc...

Egg / Rice Noodles - another good replacement if cutting back on calories.

Pasta - different types of pasta, watch calories on some as they can massively differ - try and stick to brown / wholemeal as these are our complex carbohydrates.

Beans / pulses - another versatile carbohydrate that's also high in protein - can make into stews/ add to stir fry, paella, curries etc to increase carbohydrates whilst adding protein as well.

