Phase 2 Starchy carbohydrates list

Choose one portion of a high fibre starchy carbohydrate food from the ones listed below, remembering to stick to the portion size.

High fibre starchy carbohydrate options

Type	Portion size	Comments
Brown basmati/brown easy cook rice/wild rice	50g uncooked/ 100g cooked	Up to 4g fibre per portion compared to 0g fibre in white rice
Bulgur wheat/quinoa/barley/ spelt/frekeh/wheatberries	60g uncooked/ 150g cooked	Typically, around 5g fibre per portion For quick options look out for tinned spelt and precooked packs of mixed wholegrains
Pearl barley	40g uncooked/ 120g cooked	5g fibre per portion
Waakye, khichdi, timman bagila	120g	Mixing rice and beans/peas adds more fibre and protein
Wholewheat pasta & noodles, soba noodles	50g uncooked/ 100g cooked	Typically 4-5g fibre compared to 2g in regular pasta
Potatoes and tubers: Potato*, sweet potato* Yam*, cassava*, taro (and products made from them)	180g raw/boiled 3 egg sized potatoes 150g jacket potato (small) 100g oven chips (cooked) 100g (boiled) 60g cassava fries	*Sweet potatoes release glucose more slowly than white potatoes *Yams release glucose more slowly than cassavas
Plantain	100g boiled	
Fufu*, banku, pounded yam/ gari*/eba*/pap/ amala*	100g	*Additional doughs eg fufu can be made using vegetables like cabbage/ cauliflower (see *Recipe booklet)*

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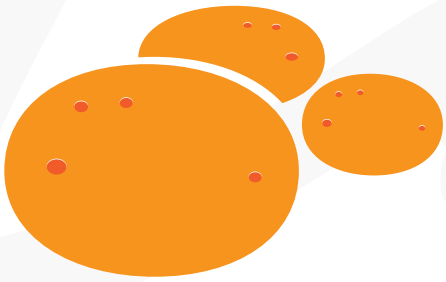
Phase 2 Starchy carbohydrates list cont.

Type	Portion size	Comments
Rye sourdough/granary/ pumpernickel bread	A maximum of 1 large or 2 small slices (60g)	Release glucose more slowly than white/ brown/wholemeal bread
Roti/chapatti/thepla made using wholewheat flour	2 x 13cm roti (60g) 70g flour makes 4 roti (golf ball-sized dough balls)	See more suggested breads in the *Recipe booklet*
Soy and linseed bread	2 slices	Releases glucose more slowly than white/ brown/ wholemeal
Wholemeal pitta bread	1 medium (60g)	
Porridge made with semi-skimmed or unsweetened non-dairy milk alternative	6 tablespoons (35g) dry porridge oats 120g cooked	Use traditional whole oat porridge (not instant) for slow release energy
All Bran/muesli/Special K	40g	Release glucose more slowly than other cereals
Other wholegrain cereals	30g	
Weetabix/Oatibix/ Shredded Wheat	2 wheat biscuits/pillows 40g	
Rye, wholemeal & chickpea (gram) flour	Substitute for white flour or mix half and half in your usual recipes	Typically, 10-14g fibre per 100g compared to 4g per 100g in white flour



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