

# Starch



**Starches should make up ¼ of your plate. Choose wholegrain/wholemeal varieties, such as brown rice,** as they result in a more gradual rise in blood sugar levels than their refined versions such as white rice.

Examples include brown rice, rolled oats, potato with skin on, sweet potato, corn, yam, and legumes such as peas.

**Minimise foods made from refined grains and processed starchy foods.** They tend to be stripped of nutrients and fibre, and can cause a quicker rise in blood sugar levels.

Examples include: white bread, instant oats, white rice, skinless or mashed potato.