

## Further Information and Resources

### [www.bda.uk.com/foodfacts](http://www.bda.uk.com/foodfacts)

British Dietetic Association - View a range of diet related fact sheets including Wholegrains.

### [www.eatwellscotland.org](http://www.eatwellscotland.org)

Food Standards Agency - Site provides information and practical tips on how to make healthier food choices for a healthier diet. It has healthy eating advice for various ages and stages of life. There is also information on basic food hygiene, keeping food safe and food labelling.

### [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

Love Food Hate Waste - Site gives tips and ideas on how to waste less food and save money. It has tips on how to make the most out of the food we buy, there is an online portion planner and a number of quick and easy recipes.

### [www.nhs.uk](http://www.nhs.uk)

NHS Choices - Search 'starchy foods' for more information - why we need to eat them and for tips and ideas on how to increase our intake of them.

### [www.nhsforthvalley.com/healthpromotion](http://www.nhsforthvalley.com/healthpromotion)

NHS Forth Valley Health Promotion - Choose 'Nutrition' to view more information on healthy eating and to download a range of nutrition resources.



Scan this QR code to search.

[www.nhsforthvalley.com/healthpromotion](http://www.nhsforthvalley.com/healthpromotion)

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590870 (Monday – Friday 8.00 am to 5.00 pm), fax 01324 590867 or email [nhsfv-alternativeformats@nhs.net](mailto:nhsfv-alternativeformats@nhs.net)

Developed by Department of Nutrition and Dietetics and the Health Promotion Department  
© June 2006 Revised January 2013



**Eat some starchy food at...**  
**each meal**

## Eat Something Starchy

Potatoes, bread, rice, pasta, breakfast cereals, chapattis, noodles, couscous, cassava are known as starchy foods or carbohydrates and we should eat some starchy foods everyday as part of a healthy balanced diet.

### Starchy foods:

- \* are a good source of energy.
- \* help fill you up. Choose wholegrain or high fibre varieties of starchy foods - they release energy slowly and make you feel fuller for longer.
- \* contain other nutrients including calcium, iron, and B vitamins.



### Variety is the Spice of Life

- \* Keep meals interesting by trying different varieties of rice and pasta. Brown rice can make a tasty rice salad.
- \* Try bagels, crusty bread/rolls, pitta breads, tortilla wraps, ciabatta and chapattis.
- \* **Watch out** for breads with a lot of added fat - garlic bread, croissants, chokolatines - don't eat these too often.
- \* Starchy foods are cheap to buy and easy and quick to cook.
- \* Chips, crisps, fried rice and crispy noodles contain too much fat, so eat less often.



### Choose Wholegrain Varieties

Wholegrain varieties of starchy foods are a good source of fibre. Fibre helps keep our bowels healthy and helps us feel fuller for longer.



## SWAP and SAVE

SWAP an average portion of chips (165g) with an average portion of boiled potatoes(175g).

SAVE: 324 calories 22g fat

SWAP a bowl of Crunchy Nut Cornflakes for a bowl of Bran Flakes

SAVE: 17 calories 6g sugar

SWAP a cheesy pasta sauce to a tomato sauce.

SAVE: 92 calories 8g fat

SWAP butter on a slice of toast with a scrape of low fat spread.

SAVE: 35 calories 4g fat

### Did you know?

Starchy foods are not too fattening. It's what you add to them or how you cook them that adds the calories. Gram for gram they contain less than half the calories of fat.

### Quick and Easy Recipe Ideas

#### Perfect Pasta

Add a tin of chopped tomatoes, some vegetables and herbs to pasta for a meal in minutes. Top with a little low fat grated cheese.

#### Russle Up a Risotto

Add a can of vegetable juice and some vegetables to risotto rice - serve with crisp salad.



### Kiddies Corner - Snack Art Teddy Bear

Face - dutch crispbread or circle of wholemeal toast spread with soft cheese. Eyes - raisins. Ears - carrots. Mouth - cucumber. Nose - sweetcorn. Smile - satsuma segment.

