

CARBOHYDRATES & FATS

How can I tell if a food is high in carbohydrate BUT low in fat?

- Foods become fattening when fat is added to them, for example if fat is added to potatoes to make them into chips or crisps.
- Carbohydrates are often added to foods in the form of sugar, honey, molasses, glucose and maltodextrins.
- The tricky part is picking out those that contain the carbohydrates but leaving those that contain fats. One way to do this is read the food label.

What to look for on a food label to help you determine the fat content

1. Look for the nutritional values per 100g
2. Compare the amounts of fat and carbohydrate
3. A low fat, high carbohydrate food will have five times as much carbohydrate as fat i.e. 5:1
4. The reverse, i.e. a food that is high in fat and low in carbohydrates would have a ratio of 2:1 or 3:1 etc

Examples are given in the box below

<i>Food</i>	<i>Carbohydrate g per 100g</i>	<i>Fat g per 100g</i>	<i>Ratio</i>
<i>Fig Rolls</i>	68	8	8:1
<i>Jaffa Cakes</i>	73	8	9:1
<i>Crisps</i>	48	36	1.5 :1
<i>Chocolate Biscuits</i>	66	24	3:1