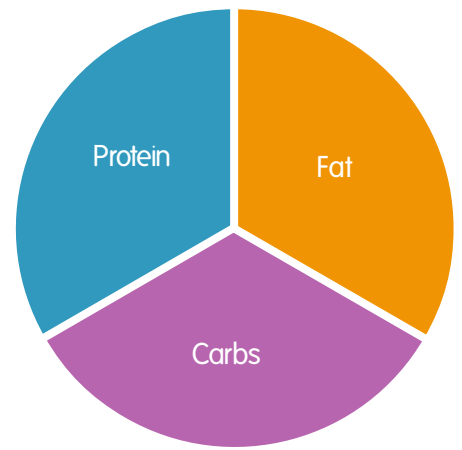


7 tips for reducing carbs



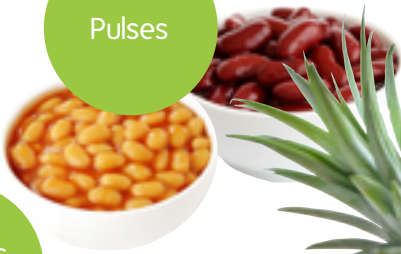
1. Still include some carbs with each meal - just cut the portion and eat a little more protein.
2. Swap spaghetti for a veg alternative such as courgetti.
3. Swap rice for a veg alternative such as cauliflower rice.
4. Switch sandwiches to open or club versions to cut down on bread.
5. Limit refined carbs such as cakes, biscuits, sweets and chocolate.
6. If exercising, remember carbs are an important source of energy, so time a carb snack for before and after your training.
7. As you are reducing carbs, ensure what you do eat is the very best quality.

Nutracheck
recommends



Best quality carbs

Pulses



Whole wheat



Potatoes with skin



Fresh fruit



Fresh vegetables



Full sugar fizzy drinks



Sugary cereals



Wholegrains



Sweets



Biscuits



White bread



Desserts



Refined carbs to limit