

NUTRITION SNACKS CARBOHYDRATES

Carbohydrates include a wide variety of foods including:

- Wholegrains
- Starchy vegetables
- Fruit
- Dairy foods
- Refined carbohydrates such as sugar

Not all carbohydrates are the same – for example, a potato is a much better source of carbohydrate than a can of soft drink as it provides other nutritional value.

FOODS ARE MORE THAN JUST CARBOHYDRATE

It's important to focus on the whole food rather than just the carbohydrate content. For example, the following foods provide carbohydrates, but they also provide other valuable nutrients: Wholegrains - fibre, protein, B vitamins and antioxidants.

- ✓ Fruit - vitamins and minerals, fibre and phytonutrients.
- ✓ Starchy vegetables – fibre, potassium, other minerals and vitamins.
- ✓ Dairy – calcium, protein, potassium, vitamin D and A and more.

HOW MUCH CARBOHYDRATE

Carbohydrates provide energy for our bodies and are the brains preferred energy source and therefore have an important role in the diet. Peak health bodies like the National Health & Medical Research Council (NHMRC)¹ recommend we get 45-65% of our energy from carbohydrate and our menus fit within this recommendation at 45-60%.

CARBOHYDRATE AND WEIGHT MANAGEMENT

There is no single nutrient or food that causes weight gain or enhances weight loss on its own. Eating too much of any food, whether it's high in carbohydrate, protein or fat can lead to weight gain.

In terms of what is the best proportion of carbohydrates for weight loss, the bulk of the evidence shows no difference in the long term, whether you follow a low, moderate or high carbohydrate diet.²

What does make a difference:

- ✓ How sustainable the diet is over the long term. Our menus include carbohydrates and the foods that people enjoy, in the right portions, as they will be more likely to stick to it long term if they enjoy the menu.
- ✓ Support – those that have extra support are more successful. This is the value of our Consultants!²

KEY MESSAGES

- 1 Carbohydrates include wholegrains, fruit, starchy vegetables and dairy.
- 2 There is not one single food or nutrient that causes weight gain, it's better to focus on portion size and reducing intake of energy dense foods e.g. those foods high in fat or sugar.
- 3 The best diet for weight loss is one that is sustainable and has support.
- 4 The Jenny Craig menus are balanced with a moderate amount of carbohydrate.

REFERENCES

¹ National Health and Medical Research Council, 2006. Nutrient Reference Values, <https://www.nrv.gov.au/>

² Dietitians Association of Australia, 2011. DAA Best Practice Guidelines for the Treatment of Overweight and Obesity in Adults.