

Wholegrains and Carbohydrates

Last Modified on 03/02/2022 9:50 am GMT



An important source of energy, carbohydrates are a rich source of fibre, B vitamins, iron, and folate

Bread, rice, potatoes, pasta and grains are important sources of energy in our diets. They provide complex and simple carbohydrates that our bodies need for energy, providing a rich source of fibre, B vitamins, iron, and folate.

Choosing wholegrain options gives you more goodness – more fibre, more vitamins, minerals and protective plant chemicals. Wholegrains contain 75% more nutrients than milled versions.

How much?

Wholegrain, starchy foods should make up around a third of our diet so they ideally need to be included in every meal. Did you know...

starchy foods are often viewed as fattening but carbohydrates actually provide fewer calories per gram than fat?

Fibre providers

Starchy foods, particularly wholegrain versions, are great sources of fibre, which is important for a healthy digestive system. There are two types of fibre:

- Insoluble fibre – this can't be broken down by our digestive system so helps to add bulk and keep the digestive system healthy. It's commonly found in wholegrains, brown or wild rice and brown pasta.
- Soluble fibre – is partly broken down by our bodies and can help lower cholesterol. It's found in oats, beans and pulses.

Unfortunately, most of us only include around half of the recommended fibre in our diets. We should be aiming for around 30g a day so we've put together some handy tips to easily add more:

- Include one of the starchy foods listed in each meal.
- Choose Eat Well options from the grocery and bakery aisle – these will provide a source of wholegrain.
- All M&S bread, even white, is now a source of fibre to help you boost your intake.