

Whole Sources of Carbohydrates	Amount per 100g	Additional Information
Carrots (Baby)	6g	N/A
Carrots (Tinned)	4.4g	Tinned in Water
Banana	20.3g	N/A
Strawberries (Fresh)	6g	N/A
Strawberries (Frozen)	6g	N/A
Mango (Fresh)	13.6g	N/A
Mango (Dried)	74.7g	N/A
Flour (Plain)	73.5g	N/A
Flour (Wholemeal)	59.4g	N/A
Bread (White)	46.4g	Warburtons 'Toastie'
Bread (Wholemeal)	37.8g	Hovis 'Wholemeal'
Potatoes (Maris Piper)	17.5g	N/A
Potatoes (New/Baby)	14.9g	N/A
Rice (Basmati)	32.3g	N/A
Rice (Brown)	36.9g	N/A
Pasta (White)	35.7g	Fusili
Pasta (Brown)	32.9g	Fusili
Baked Beans	12.5g	Heinz
Lentils	9.4g	Red Split
Milk **	4.8g per 100ml	Semi-Skimmed/2%/Green
Natural Yoghurt (Plain)**	6.8g	N/A
Digestive Biscuit	63.6g	N/A

\* Colours are representative of their location within the eat-well plate

\*\* Whilst the highlighted dairy products do not contain starch, they do contain fast acting sugars in greater amounts than the other macronutrients.