

**Food for
thought**

with **Kristen Beck**

Q + A



When reading food labels, per 100g I try to find things containing less than 50g of carbs. Am I on the right track?

Karen, Gynea, NSW

Most labels will include the carb value as well as the sugar value – which is part of the carb value. You ideally want foods that contain mostly complex carbs (a high carb value but low sugar value). Also keep in mind that the sugar value includes added sugars *and* naturally occurring sugars, so you need to check the ingredients list for sugary items such as sucrose and fructose before you can assess the nutritional value of the carb content (confused yet?). Your guide of 50g of carbohydrate per 100g is a good rule of thumb, but better applied to your overall dietary or meal intake – it's more likely your meals will have a carbohydrate-rich food (bread, pasta) combined with a protein-rich food (meat, eggs, dairy) to create a meal that's approximately half carbs.

Kristen Beck is a registered nutritionist, health scientist, lecturer, mum of three and the director of beckhealth.com.au. Ask her a question at womenshealthmag.com.au and include initials, suburb and state.*