Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

Carbohydrate Sources

Carbohydrates are an essential nutrient in providing energy. Consuming excessive carbohydrates can increase blood sugar level. Below are examples of carbohydrate food sources.

Starches


Brown/ White Rice


nstant noodle


Vermicel


Wholemeal, Regular Pasta


Kway teow


Mee Sua


Idli


Thosia/ Dosai


Chapati


Prata


Bread


Pancake


Oat

Fruits


Fresh & Dried Fruit


Fruit Juice


Conserved Jam & Jelly


Preserved Canned Fruit

Vegetables


Yam


Pumpkin


Corn


Tapioca


Potato


Sweet Potato


Lotus

Nuts and Legumes


Beans


Dhal/Lentils


Chickpeas


Roasted peanuts


Cashew

Beverages


Cordial


3 in 1 Beverage


Bubble Tea



Carbonated Drink


Malted Beverage


Cultured Milk


Milk


Yoghurt


Soymilk

Snacks


Curry Puff


Chinese Steamed Bun


Char Siew Pau


Chwee Kueh


You Tiao


Crackers


Croissant


Waffles


Sliced Cake


Cookie


Donut


Kueh


French Fries


Potato Chips


Tapioca Chips


Ice Kacang


Ice Cream

Sauces, Seasonings, and Condiments


Ketchup


Barbeque Sauce


Chili Sauce


Sweet Sauce


Sambal


Gochujang


Teriyaki Sauce

Sweeteners


White Sugar


Brown Sugar


Condensed Milk


Honey


Rock Sugar

Please contact KTPH & YCH Dietitian at 6602 2420 if you have any nutrition related questions.

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