

Simple ways to add carbohydrates to your current meals:

Add:

- Fruit and honey to porridge/ cereal
- Drink some fruit juice
- Add jam to your bread
- Snack on some dried fruit
- Add an extra portion of rice/pasta to main meal
- Add honey, fruit and granola to yogurt
- Add honey/ oats to a smoothie
- Snack on rice cakes with banana
- Snack on jellies

