

Pick n Pay

LOW  
carb

*Curbing*  
**carbs**

*How to make carbohydrates  
work for you*



## Not all carbs are created equal...

### SIMPLE

The smallest and simplest carbs. Easily absorbed, and can quickly raise blood sugar levels.

Some sugars occur naturally in foods, like lactose (found in milk), while others like sucrose (sugar) can be added to foods.

**EXAMPLES:** Sugar, syrup, honey, jam, biscuits, cake, sweet pastries and soft drinks.

### COMPLEX

Larger and more complex carbs. Fibre-rich carbs take more time to digest and raise blood sugar levels slowly.

**EXAMPLES:** Wholegrains, legumes, potatoes, brown and wild rice, quinoa and sweetcorn.

High-sugar foods provide us with a quick source of energy, but lack vitamins, minerals and fibre.

Unrefined carbs provide fibre as well as the essential vitamins and minerals necessary for good health.

**HEALTH COACH** To significantly reduce your carb and calorie intake, restrict simple carbs and focus on moderate servings of the less-processed complex carbs.

## Choose wisely

THERE ARE MANY TYPES OF LOW-CARB DIETS, WITH DIFFERENT RECOMMENDATIONS ON TYPES AND AMOUNTS OF CARBS YOU CAN EAT.

### DIETITIAN'S TIP:

Don't be tempted to cut out carbs altogether. Commit to a reduced-carb diet that emphasises a moderate intake of healthy carbs along with good fats and lean protein. In this way, you are more likely to achieve sustained weight loss and lower your risk of diabetes and heart disease.

### HERE'S HOW TO MAKE HEALTHY CARBS WORK IN A BALANCED DIET:

LIMIT ADDED SUGARS	CHOOSE WHOLE GRAINS	EAT MORE LEGUMES	PICK WHOLE FRUIT & VEGGIES	STICK TO LOW-FAT DAIRY
Foods with a high sugar content, such as fizzy drinks, sports drinks and confectionery, need to be limited. They provide empty kilojoules, and regular intake can cause weight gain and poor blood sugar control.	A healthier source of carbs than refined (white) grains, they not only provide fibre but also important nutrients such as B-vitamins.	Beans, peas and lentils are among the most versatile and nutritious foods available. They are typically low in fat and high in folate, potassium, iron and magnesium, plus they are a rich source of fibre.	Aim for fibre-rich whole (fresh, frozen or canned) fruits and vegetables without added sugar. Fruit juices and dried fruit are more concentrated sources of natural sugar and need to be restricted in a low-carb diet.	Milk, cheese, yoghurt and other dairy products are good sources of calcium and protein, plus many other vitamins and minerals. Choose low-fat products to reduce saturated fat intake and be aware of the sugar added to flavoured yoghurts.

# CURBING CARBS EXPLAINED

Reduced-carb diets that emphasise moderate intake of fibre-rich carbs, healthy fats and lean protein not only assist with weight management, but can lower your risk of diabetes and heart disease too.



## FOODS YOU SHOULD EAT

Wholegrains, such as oats, seed bread, brown rice, quinoa, beans, chickpeas, lentils, fruit and vegetables.

**Why?** These foods contain more vitamins and nutrients, keep you fuller for longer and deliver sustained energy.

## FOODS YOU SHOULD LIMIT

Refined carbs, such as sweets, cakes, pastries, biscuits, sweetened drinks, sugary breakfast cereals and chocolate.

**Why?** These foods are usually energy-dense, contain less fibre, fewer vitamins and nutrients and deliver only short bursts of energy.

## MANAGING WEIGHT

A diet low in refined carbs will help with weight loss, but cutting out all carbs can result in health issues such as constipation.

**Why?** Eating fibre-rich carbs along with lean proteins, such as fish, chicken and legumes ensures greater satiety and a reduced appetite.

## Food label lingo

Pick n Pay's Low Carb products are highlighted with this logo. This means that they either have a carbohydrate content below 5g per 100g or they have a much lower carb content than other products in the same category.

### Other claims that are helpful for the low-carb diet

- No Added Sugar: means no sugar, honey, fruit juice concentrate or high-fructose corn syrup has been added.
- Reduced sugar: the sugar content has been reduced by at least 25% when compared to an equivalent product.



### TOP TIP

If you're following a very low-carb diet, pay attention to the fats and proteins you eat. Limit foods rich in unhealthy saturated fats (such as coconut oil, butter, cream and fatty meats) as these can increase your risk of heart disease. Olive oil, avocados, nuts and oily fish are sources of healthier fats.



**GOOD IDEA** For a personalised weight-management plan that meets your individual needs and goals, consult a registered dietitian. To find one in your area, visit [www.adsa.org.za](http://www.adsa.org.za).

# Sweet potato is a winner

The health benefits of this orange tuber far outweigh its carb count.

- ✔ They are high in immune-boosting vitamins A and C.
- ✔ The bright orange flesh signals that it's high in beta-carotene, which is also great for your immune system.
- ✔ Sweet potatoes contain a number of carotenoids – pigments that may help reduce the risk of eye disease, some cancers and heart disease.
- ✔ One medium sweet potato with the skin on has at least 4g of healthy fibre and no fat.
- ✔ Sweet potatoes are a low-glycaemic food, which makes them a great choice for people with diabetes.
- ✔ Sweet potatoes are always in season.



**DID YOU KNOW?** Our registered dietitian provides free nutrition advice to the public via the Pick n Pay Health Hotline. Email [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)

# CONSCIOUS COOKING

There's no need to steer clear of the foods you love. Try these low-carb alternatives

## ✔ RAW PAD THAI NOODLE SALAD

**Cut** 1 cucumber in half, lay cut sides down and slice into strips lengthways. Cut strips into thinner 'noodles'. **Toss** with 1 packet (250g) PnP Live Well cauliflower and turnip noodles. **Divide** between two 500ml jars. **Combine** 1 cup (250ml) red pepper cut into matchsticks, 1 cup (250ml) shredded cabbage and 1 tub (100g) mung bean sprouts, and add to jars. **Top** with basil and coriander, sliced red salad onions, chopped fresh chilli (optional) and a sprinkle of sesame seeds and peanuts.

**Close** jars and refrigerate until serving.

**Mix** 1 Tbsp (15ml) each soy sauce, honey and smooth peanut butter with 2 Tbsp (30ml) hot water to make a dressing. **SERVES 2**



## ✔ AIR FRYER FISH FINGERS IN LETTUCE CUPS

**Blitz** 1 cup (125g) rolled oats in a food processor to create a coarse flour. **Combine** oat flour with ½ cup (50g) sesame seeds in a bowl. Season.

**Pat** 1kg fresh hake fillets dry with paper towel, cut into 5cm strips and season well. **Whisk** 2 eggs in a bowl.

**Dip** fish strips into egg, then into oat flour mixture, coating all sides well.

**Repeat** coating process once more.

**Preheat** air fryer to 200°C on the baking setting. **Place** fish in the air fryer basket and cook for 7-10 minutes until golden. **Remove**, drizzle with lemon juice and cool slightly. **Arrange** lettuce leaves on serving plates.

**Divide** 1 cup (250ml) tzatziki, 1 small shredded cabbage and fish fingers between lettuce cups. **Top** with PnP pickled red onions. **SERVES 4**



## Clever carb swaps

**Instead of...**

WRAPS  
BURGER BUNS  
PASTA / NOODLES  
LASAGNE SHEETS

**Try...**

ICEBERG OR BABY GEM LETTUCE  
LARGE BROWN MUSHROOMS  
BABY MARROW "SPAGHETTI"  
SLICED BRINJALS

✔ For more recipes, visit [pnpfreshliving.com](http://pnpfreshliving.com)



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### LOOK OUT FOR:

- 1. PnP Snack Well kale chips with salt and black pepper;
- 2. PnP Live Well low-carb chicken, baby marrow & spinach bites;
- 3. PnP Live Well low-carb pumpkin soup;
- 4. PnP spinach & feta mini crustless quiche;
- 5. PnP Live Well low-carb cauliflower and turnip noodles;
- 6. PnP Live Well no added sugar smooth peanut butter;
- 7. PnP Live Well low-carb mushroom tagliatelle

Contact PnP's registered dietitian for health and dietary advice  
email [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za) or visit [adsa.org.za](http://adsa.org.za) for a dietitian in your area