

Nutrition and Dietetics

# Carbohydrate Counting Reference Tables



**Dr. Hans Clean says “The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- **Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.**
- **If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.**
- **Keep the environment clean and safe. Let’s work together to keep it that way. Prevention is better than cure”.**

# How do I count carbohydrates?

- The following tables list the carbohydrate content of usual foods. You can use these to calculate the carbohydrate content of the meals and snacks you eat. You can then alter your insulin doses accordingly.
- The lists show the number of grams (g) of carbohydrate in a typical serving. Compare this with your serving and multiply or divide the value accordingly.
- Food labels will give you the amount of carbohydrate per 100g. You can use this information when calculating the carbohydrate value of a weighed food portion for example cooked rice. Use the formula below to work out how much carbohydrate in a portion of food.

$$\frac{\text{Weight of food in grams} \times \text{CHO per 100g}}{100} = \text{amount of CHO (g)}$$

Example:

Cooked rice has 30g carbohydrate per 100g

Your portion of cooked rice weighs 200g

Use the formula above to calculate the carbohydrate value:

$$\frac{200 \times 30}{100} = 60\text{g}$$

Therefore this portion has 60g carbohydrate.

A selection of brand foods is also shown. Values can differ between products. More information is available from food labels. Remember to use the TOTAL carbohydrate content including both starches and sugars.

# Weight Conversions:

½ oz	=	15g
1oz	=	25g
2oz	=	50g
3oz	=	75g
4oz	=	100g
5oz	=	150g
8oz (½ lb)	=	225g
16oz	=	450g
1 teaspoon	=	5ml
1 tablespoon	=	15ml

Liquid measures (1ml =1g):

5 fl oz (¼ pint)	=	150mls
10 fl oz (1/5 pint)	=	275mls
15 fl oz (¾ pint)	=	425mls
20 fl oz (1 pint)	=	550mls
1 cup	=	standard tea cup

On the table headings, CHO = Carbohydrate

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# Breads

Food Item	Serving Size	CHO(g) / serving
White / Granary / Wholemeal bread	One thick slice - large loaf (45g)	20
	One medium slice - large loaf (35g)	15
	One thin slice - small loaf (25g)	10
Granary Bread	One medium slice -large (135g)	15
Wholemeal / White Roll	One (48g)	25
Wholemeal / White Bap	One large (60g)	30
Crusty White Roll	One (60g)	25
Bagel	One (70g)	40
White Finger Roll	One (50g)	20
French Stick	2.5cm / 1 inch slice 15 cm / 6 inch slice	10 60
Ciabatta / Focaccia	One portion (50g)	25
Crumpet	One (40g)	20
Rye Bread	One average slice (25g)	10
Naan Bread	Half of a large one	35
Pitta Bread	One medium	30
Croissant	One (60g)	25
Burger Roll	One (50g)	25
Waffle	One (45g)	15
Potato Cake	One (60g)	20
Tortillas (wheat)	One medium (40g)	25
Chapatti	2.5cm / 6 inch diameter (medium - 50g)	25

# Breakfast Cereals

<b>Food Item</b>	<b>Serving Size</b>	<b>CHO(g) / serving</b>
All Bran	Five tablespoons (35g)	15
Bran Flakes	Five tablespoons (40g)	25
Cornflakes	Five tablespoons (30g)	25
Fruit 'n' Fibre	Five tablespoons (40g)	25
Cheerios	Six tablespoons (45g)	30
Sugar free Muesli	Two tablespoons (50g)	20
Puffed Wheat	Six tablespoons (30g)	10
Ready brek	Two tablespoons (40g)	30
Rice Krispies	Seven tablespoons (35g)	25
Rolled Oats	50g	30
Porridge made with milk	200g	30
Porridge with water	200g	20
Weetabix	One biscuit	13
Shredded Wheat	One biscuit	15
Shreddies	Five tablespoons (50g)	30
Special K	Six tablespoons (35g)	20

## Rice, Pasta

Food item	Serving Size	CHO(g) / serving
Rice- all types,cooked (30g carbohydrate per 100g serving)	Small (100g)	30
	Medium (180g)	50
	Large (250g)	75
	One tablespoon (35g)	10
Egg lasagne (dried)	One sheet	10
Pasta-all types and shapes, cooked approximately (20g carbohydrate per 100g serving)	Small (150g)	30
	Medium (230g)	45
	Large (350g)	70
	Half cup (50g)	10
Pasta in sauce	Half packet (60g) made up	40-50
Tinned spaghetti	Small tin (215g)	25
Tortellini (cooked)	Half packet (180g)	50
Egg Noodles (dry)	One layer (68g)	40
Macaroni Cheese	Large can (430g)	60
Pot Noodles	One pot (90g)	40-50
Ravioli	Small tin (200g)	20
Couscous (cooked)	One tablespoon (30g)	15

## Fruit

Food item	Serving Size	CHO(g) / serving
Grapefruit / Orange / Apple Juice	100mls	10
Eating Apple	One medium (120g)	15
Stewed Apple – no sugar	Six tablespoons (120g)	10
Apricots Fresh	Four whole (145g)	10
Dried apricots	Three whole (50g)	20

Dried prunes	Five medium (40g)	15
Grapes	Ten medium sized	10
Grapefruit	One half	5
Banana (no skin)	One medium - (100g)	20
Kiwi	One medium (40g)	5
Mango	One third (80g)	10
Honeydew / Watermelon	One slice 200g	15
Cantaloupe	One slice 200g	5
Nectarine	One medium (80g)	10
Orange (peeled)	One medium (120g)	10 - 15
Paw – Paw	Half (60g)	10
Peach	One medium (140g)	10
Tin peaches in juice	Half a tin (210g)	10
Pear	One medium (160g)	15
Pineapple - fresh	One slice (80g)	10
Tin pineapple in juice	Two rings / twelve chunks (80g)	10
Dessert plum	Two (80g)	10
Pomegranate	One small (85g)	10
Blackberries	Half a punnet (100g)	10
Blueberries	Half a punnet (100g)	15
Raspberries	25	5
Rhubarb	100g, raw	0
Raisins	Tablespoon (30g)	20
Satsuma / clementine	One peeled (40g)	5
Strawberries	Ten (80g)	5

# Vegetables

<b>Food Item</b>	<b>Serving Size</b>	<b>CHO(g) / serving</b>
Baked Beans	Three tablespoons (80g) 980(80g)	15
Baked Beans	½ tin	30
Red Kidney Beans (cooked)	Three tablespoons (80g)	15
Chick peas (cooked)	Three tablespoons (80g)	15
Lentils (cooked)	Three tablespoons (80g)	15
Mung dhal (cooked)	Two tablespoons (80g)	10
Yam (boiled)	Size of medium potato (130g)	45
Plantain (boiled)	One whole (200g)	55
Potatoes (old, boiled)	One egg size (60g)	10
New potatoes (boiled)	One egg size (55g)	10
Baked potato with skin	One medium (180g)	60
Mashed Potatoes	One scoop (60g)	10
Chips	Five medium cut (30g)	10
Roast Potato	One small (50g)	10
Potato Waffle	One (40g)	10
Sweet Potato	Medium (130g)	25
Potato Croquette	One (90g)	20
Peas	Two tablespoons	10
Sweet corn canned	Two tablespoons	15



## Dairy / Desserts

Food Item	Serving Size	CHO(g)/ serving
Fresh Milk: all types	200mls (1/3 pint)	10
Evaporated milk	Three tablespoons	5
Dried-Skimmed Milk	Two tablespoons	10
Natural Yoghurt	Small pot (125g)	10
Low fat Yoghurt	Small pot (125g)	15
Diet Yoghurt	Small pot (125g)	10
Fromage frais	Small pot (50g)	5
Probiotic drink	Small bottle (100ml)	15
Custard (tinned)	1/3 large tin	20
Custard powder	1 tablespoon	10
Milk Pudding	1/2 large tin-(200g)	20
Dairy Ice Cream	1 scoop (60g)	15
Magnum (Classic and white chocolate)	Ice-cream (86g)	25
Vanilla cornetto	Ice-cream (90g)	25
Choc Ice	One individual (50g)	10

## Buns and cakes

Food item	Serving Size	CHO(g) / serving
Almond slice	One slice (50g)	30
American Muffins	1 muffin (70g)	35
Mini-muffins	1 muffin (28g)	15
Apple Strudel	Average slice (115g)	40
Apple Turnover	Individual (100g)	70-80
Bakewell Tart	Individual cake (40g)	25

Black Forest Cake (gateau)	One slice (90g)	30
Chelsea bun	One bun (80g)	40
Cherry fruit cake	One slice (40g)	25
Chocolate cake with butter icing	One slice (65g)	35
Cupcakes – iced	1 cupcake (40g)	15
Cream filled choux bun	One bun (95g)	25
Cream horn	One individual (60g)	15
Chocolate Eclair	One individual (90g)	25
Currant bun	One individual (60g)	30
Custard tart	One individual (90g)	30
Rich fruit cake (plain)	One slice (75g)	45
Fruit cake with icing	One slice (75g)	50
Gateau	One slice (85g)	35
Iced bun	One bun (35g)	20
Madeira cake	One slice (40g)	20
Malt loaf	One slice (35g)	20
Mince Pies	One pie (55g)	20
Meringue nest	One small (15g)	15
Rock cake	Individual (45g)	25
Fruit scone	One large (60g)	30
Sponge	One slice (60g)	30
Swiss roll	One slice (30g)	15
Teacake	Individual (60g)	30
Danish pastry	One medium (110g)	55
Doughnut ring / jam	60g / 70g	30 / 35
Flapjack	One medium (60g)	35

## Biscuits

Food item	Serving Size	CHO(g) / serving
Plain e.g. Rich Tea	Two biscuits	10
Digestive	One biscuit	10
Garibaldi	Two biscuits	15
Ginger nut	Two biscuits	15
Rye crisp bread	Two	15
Cream cracker	One	5
Rice cake	Each (12g)	5
Full Chocolate Coated	One (e.g. Penguin, Club)	15
Jaffa cake	Two	15
Flap Jack	One Square (60g)	35
Cereal bar (multipack)	One	15
Muesli Bar	One	20-25

## Sugars and Preserves

Food item	Serving Size	CHO(g) / serving
Sugar or Glucose	Two level teaspoons	10
Honey, Jam or Syrup	Two level teaspoons	10
Glucose Tablets	3 tablets	10
Lucozade	50mls / 2 fluid ounces	10
Fizzy Drinks (not diet) e.g. Coca cola	200mls 8 fluid ounces	20
Lemonade (not diet)	200mls 8 fluid ounces	10

## Drinks

<b>Food item</b>	<b>Serving Size</b>	<b>CHO(g) / serving</b>
Instant hot chocolate (sachet)	One sachet	20
Drinking chocolate made with milk	One mug	20
Low sugar instant chocolate drink	One sachet	5
Malted milk	One mug	30

## Puddings

<b>Food item</b>	<b>Serving Size</b>	<b>CHO(g) / serving</b>
Apple pie (bought)	One quarter (135g)	50
Chocolate mousse	One pot (60g)	20
Cheesecake (fruit)	One slice (120g)	40
Christmas pudding	One thin slice (50g)	30
Bread and butter pudding	One slice (100g)	50
Treacle sponge	One portion (100g)	50
Fruit Strudel	One portion (115g)	30
Trifle	One individual (125g)	25
Jelly made with water	One portion (115g)	20

## Meat / fish products and accompaniments

Food item	Serving Size	CHO(g) / serving
Chicken / meat pie	One (130g)	30
Cottage / Shepherd's pie	Average (310g)	40
Steak and kidney pie	Average (140g)	40
Cornish Pasty	Medium	45
Quiche Lorraine	One slice (100g)	20
Chilli con carne - sauce	Average (220g)	10
Lamb hotpot with potatoes	Average serving (260g)	30
Dumpling	One	15
Lasagne	Average serving (200g)	30
Toad in the hole	Average (160g)	30
Chicken Chasseur	Average (260g)	10
Sausage roll	Small - 32g Medium - 60g Large - 145g	10 20 40
Sausages	2 thick / 3 thin	10
Pork Pie	Individual (140g)	35
Breaded chicken / kiev	Individual (170g)	15
Fishfingers	Two	10
Fisherman's Pie	Average (170g)	15
Battered fish e.g. cod	Average (180g)	20
Scotch Egg	One (120g)	10
Yorkshire pudding	Each	5
Stuffing	One tablespoon (30g)	5

# Snacks

<b>Food Item</b>	<b>Serving Size</b>	<b>CHO(g) / serving</b>
Crisps	One packet (30g)	15
Peanuts	One packet (50g)	5
Cashew nuts	One packet (50g)	10
Raisins	One tablespoon (30g)	20
Dried Fruit and Nut	Small packet (30g)	10
Popcorn - Popped (plain)	(20g)	10
Popcorn - Popped (sweet)	(20g)	10
Quavers / Wotsits	One packet	10
Snack -a- Jacks (savoury)	Individual bag (26g)	25
Twiglets	One packet (25g)	15
Pringles	50g portion	25
Tortilla Chips	50g portion	30
Bombay Mix	Small bag (30g)	10

# Home Baking

Food Item	Serving Size	CHO(g) / serving
White / Wholemeal flour	1 tablespoon (15g / half ounce)	10
Sugar	One ounce (25g)	25
Dried Fruit	One ounce (25g)	15
Oats	One ounce (25g)	15
Syrup	One ounce (25g)	20

# Takeaways

Food Item	Serving Size	CHO(g) / serving
McDonald's thick shake	Regular / Large	60 / 80
McDonald's Cheese / Hamburger	One individual	30
McDonald's Quarterpounder	One individual	35
McDonald's: BigMac	One individual	40
Bacon & Egg McMuffin	One individual	25
McDonald's: French fries	Small / Large	30 / 60
McDonald's: Chicken Nuggets	Six nuggets	15
KFC – Chicken Original recipe	Wing / drumstick / thigh / Breast	5 15
KFC- Burger and bun	Chicken Fillet	45
Pizza Hut –Thin & crispy	One medium slice	25 - 30
Stuffed Crust pizza	One medium slice	45-50
Deep pan pizza	One medium slice	35-40

Burger King -French Fries	Small / Medium / Large / King size portion	45 / 55 / 70
Chicken Tenders	Four pieces	10
B King – Whopper or Double Whopper	Plain Burger or with cheese	45
B King – Bacon Double Cheese or Hamburger / Cheeseburger	Basic Burger with Sauce	30
Indian – Poppadom	1 Fried - (13g)	5
Mexican - Chilli con carne	Meat & beans only (250g)	15
Mexican – Tortilla	Medium (160g)	25
Mexican - Taco shell	One (14g)	10
Cheese and beef enchillados	One serving (190g)	30
Cheese nachos	One serving (113g)	25
Cheese and beef nachos	One serving (255g)	55
Chinese pancake roll	One (50g)	5
Sweet & Sour Pork	One serving (275g)	65
Chinese Chow Mein	Half tray	40
Battered cod	One portion(330g)	25
Chip shop chips	Small (130g) Medium (180g) Large (240g)	40 60 80
Chip shop scampi	Average portion (150g)	40
Indian – Samosa	Medium – 70g	10
Donna Kebab	Small	50
Indian–Vindaloo / tikka	Main course (350g)	10
Indian – Biryani	Meat & Rice (400g)	100
Indian – Pilau Rice	200g side course	50-60
Indian / Chinese – rice	Takeaway portion (foil tray)	90-100





# Where can I get more information?

Useful reference books:

The Fat, Fibre and Carbohydrate Counter - £2.99

Dell Stanford

ISBN 1-85391-803-2

Collins Gem Carb Counter - £3.99

ISBN 0-00-717601-5

Food and Diet Counter - £3.99

Dr Wynnne Chan

ISBN 0-600-60709-7

Carbs and Cals – a visual guide - £12.99

Chris Cheyette and Yello Balolia

[www.carbsandcals.com](http://www.carbsandcals.com)

[info@carbsandcals.com](mailto:info@carbsandcals.com)

Learn carbohydrate counting on line at:

[www.diabetes.org.uk](http://www.diabetes.org.uk)

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