

Carbohydrate Counting Reference Tables

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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 (½ pint)	=	275mls
15 fl oz (¾ pint)	=	425mls
20 fl oz (1 pint)	=	550ml



This is not a diet sheet. The enclosed tables list the carbohydrate content of commonly eaten foods. You can use these to calculate the carbohydrate content of the meals and snacks you eat. You can then make appropriate decisions on your insulin doses inline with advice you will have received from your local diabetes team.

Sometimes you will see 10g carbohydrate referred to as 1 CP or 20g as 2 CP etc. It is just another way of describing your carbohydrate portions. The tables include the number of CPs (Carbohydrate Portions) in a typical serving. Compare this with your serving and multiply or divide the value accordingly.

1 CP = approx 10g Carbohydrate

Weighing carbohydrates

The tables also include the average carbohydrate value per 100g. (Reference Value). You can use this information when calculating the carbohydrate value of a weighed food portion, e.g. cooked rice. Initially you don't need to weigh your carbohydrate portions and dietitian will explain how to do this at the appropriate time, during your course.

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

Example:

If a portion of cooked rice weighs 200g.
Cooked rice has 30g carbohydrate per 100g

Weigh the portion of cooked carbohydrate first, then divide the figure by 100. Then times by the amount of carbohydrate per 100g. The g/CHO per 100g figures are shown in the reference tables.

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

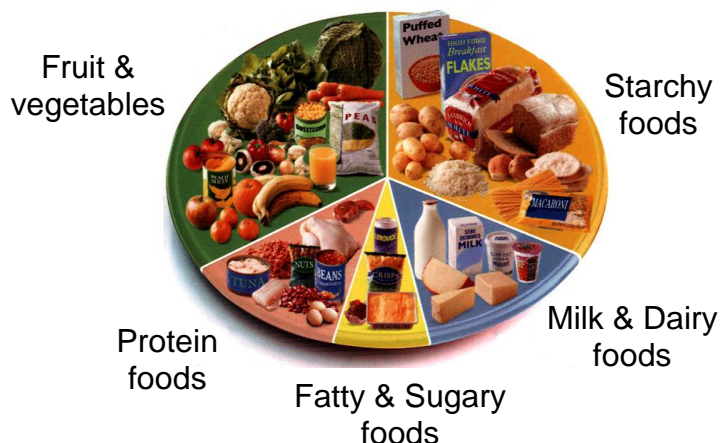
This portion, therefore, has 60g carbohydrate

(Remember, don't weigh your carbs until the dietitian advises you to do this exercise)

A selection of brand foods is also shown. Values can differ between products. More information is available from food labels, remember, this should be the **total** carbohydrate content including both starches and sugars.

Remember the key to good diabetes control is matching your insulin doses with the food (carbohydrate) you eat.

However, it is still important to follow a balanced diet.
For more information ask your dietitian.



Summary of what foods need insulin:

Food Group	Insulin Needed?
Fruit	All fruit has carbohydrate and needs to be counted
Vegetables	Only a few vegetables need to be counted, mainly the starchy type such as parsnips, sweetcorn etc. Most veg and salads don't need insulin
Milk and dairy foods	Milk based foods need insulin but not fatty foods such as butter or cream or protein foods like cheese
Protein foods, meat, chicken, fish, egg Pulses	Most proteins don't raise blood sugars so don't need insulin. Pulses however, may need to be counted
Starchy carbohydrate foods	All starchy foods need insulin
Water and fluids such as diet coke or sugar free juice	No carbohydrate
Sugary drinks such as full sugar coke, milk or fresh juice	These do have carbohydrate and will raise your glucose levels. However you shouldn't take rapid insulin with fluids
Sweet and sugary foods	These will need insulin
Fat	No
Alcohol	No alcohol should be taken with insulin as alcohol can drop blood glucose levels and insulin could cause hypos

Breads and Bakery

Food Item	Typical Portion Size	G CHO	CHO per 100g
White bread	Medium slice	15g	50
	(Between 10 and 25g per		50
	Slice - check your label)		50
Wholemeal Bread	Medium slice	15g	42
	(check your label)		42
			42
Wholemeal Bap	1	20	50
White Bap	1	30	52

White Finger Roll	1	20	52
French Stick	1" slice	10	55
Crusty White Roll	1	25	58
Granary Bread	1 medium slice (35g)	15	46
Bread Muffin	1 Toasted (68g)	25	40
Crumpet	1 Toasted (40g)	15	43
Rye Bread	1 average slice (25g)	10	42
Bagel	1 Bagel (70g)	40	60
Pitta Bread	1 standard	30	58
Croissant	1	20	38
Burger Roll	1	25	50
Waffle	1 waffle (45g)	15	30
Naan Bread	Large	70	50
Tortillas (wheat)	Medium (40g)	25	60
Chapati	6" diameter (medium)	25	74
Crackerbread	2 slices	10	80

Breakfast Cereals

Food Item	Typical Portion Size	G CHO	CHO per 100g
All Bran	6 tbsp (45g)	20	43
Bran Flakes	7 tbsp (40g)	30	70
Cocoa Pops	8 tbsp	30	94
Cornflakes	7 tbsp (40g)	35	85
Fruit'n Fibre	6 tbsp (40g)	30	73
Frosties	7 tbsp (40g)	35	95
Sugar free Muesli	2 tbsp	20	67
Puffed Wheat	6 tbsp	10	67
Ready brek	40g	30	69
Rice Krispies	7 tbsp (30g)	25	84
Rolled Oats Uncooked	1 oz (25g)	15	62
Porridge with milk	200g	30	14
Weetabix	1 Biscuit	10	76
Shredded Wheat	1 Biscuit	15	68
Shreddies	5 tbsp	30	74
Special K	6 tbsp	20	82
Start	6 tbsp	30	82

Biscuits

Food Item	Typical Portion Size	G CHO	CHO per 100g
Plain e.g. Rich Tea	2 Biscuits	10	75
Digestive Biscuit	1 Biscuit	10	66
Garibaldi Biscuits	2 Biscuits	10	70
Ginger Biscuit	2 Biscuits	10	80
Plain Crackers	2 Cream Crackers	10	68
Crispbread (rye)	2 Crispbread	15	70
Full Chocolate Coated	1 Biscuit e.g. Penguin	15	67
Jaffa Cake	2	15	68
Flap Jack	1 Square (60g)	35	60
Muesli bar-Jordans	1	15	56
Fruesli Bar	1	20	64
Alpen Light cereal bar	1	11	

Buns and Cakes

Food Item	Typical Individual Portion Size (g)	G CHO	CHO per 100g
Almond slice	35	5	20
American Muffins– Blueberry	72	35	49
Mini-muffins – chocolate	28	15	49
Apple Strudel	115	40	36
Apple Turnover	100	70-80	78
Bakewell Tart (individual)	43	25	64
Black Forest Cake (gateau)	90	30	36
Chelsea bun	78	40	56
Cupcakes – iced	41	15	44
Cream filled choux bun	95	25	29
Cream horn	60	15	26
Chocolate Éclair	90	25	31
Currant bun	60	30	50
Custard tart (individual)	94	30	32
Custard Slice	108	40	38
Danish pastry (medium)	110	55	51
Doughnut	60	25	47

Flapjack (med)	60	35	60
Fruit cake (plain) – slice	90	50	58
Fruit cake with icing	70	40	63
Gateau slice	85	35	43
Iced bun	35	20	59
Madeira cake	40	20	58
Malt loaf (slice)	35	20	57
Mince Pies	55	20	39
Meringue nest (small)	15	15	93
Rock cake	45	25	58
Scone (fruit)	48	25	53
Sponge	60	30	52
Swiss roll	30	15	58
Teacake (Fresh)	60g	30	52
Chocolate cake (Butter icing)	65g	35	58

Confectionary

Food Item	Typical Portion	G CHO	CHO per 100g
Aero Bar	48g	25	55
Bounty	57g twin pack	30	56
Caramel Egg	40g	20	58
Chocolate éclair (sweetie)	9g each	5	75
Chocolate	227g packet	70	32
CHOMP	26g bar	10	68
Crunchie	42g bar	25	68
Curly Wurly	29g	20	64
Dairy Milk	43g Vending machine bar	25	57
Dolly mix	56g bag	50	90
Flake	34g bar	20	56
Galaxy	47g bar	25	60
Kit kat	49g per 4 fingers	30	59.4
Lion	53g bar	35	67
Maltesers	37g bag	20	61.4
Mars	65g bar	45	70
Marshmallows	5g each	5	83

Milky Bar	13g bar	5	56
Milky way	26g bar	20	72
M&Ms – Plain	45g packet	30	68
Picnic	49g bar	25	59
Quality street chocolate	8g each	5	66
Rolo	58g tube	35	63
Skittles	60g packet	55	92
Snickers	61g bar	30	54.1
Toffee crisp	48g bar	30	61
Time out	40g bar	20	55
Frys Turkish Delight	51g bar	40	78
Twirl	44g bar	25	56
Twix	28g each finger	15	63.5
Wine gums	45g Tube	35	75
Wine gums	4g each	5	75
Wispa	39g bar	20	53.8
Yorkie	66g bar	40	59

Dairy/Desserts

Food Item	Typical Portion	G CHO	CHO per 100g
Fresh: Skimmed and Full Cream (Carb intake the same)	200mls (1/3pint)	10	5
Evaporated	90mls	5	8
Dried-Skimmed Milk	2 tblsp	10	53
Natural Yoghurt	Small Carton (125g)	10	7
Low fat Yoghurt	Small Carton (125g)	15	14
Diet Yoghurt	Small Carton (125g)	10	6
Custard powder	1 tbsp	10	92
Custard made up	120g	20	17
Milk Pudding	Average (150g)	20	14
Dairy Ice Cream	1 scoop (60g)	15	24
White Magnum	Ice-cream from multi-pack	30	25
Vanilla Cornetto	Ice-cream from multi-pack	25	34
Choc Ice	Individual (52g)	15	28

Fruit

Food Item	Typical Portion	G CHO	CHO per 100g
Eating Apple	Medium (120g)	15	12
Stewed Apple-no sugar	6 tablespoons	10	8
Apricots Fresh	4 Whole	10	7
Dried Apricots	4 Ready to eat	10	37
Banana (no skin)	1 Medium (100g)	20	23
Grapes	10 Medium sized	10	15
Grapefruit	1/2	5	7
Grapefruit Juice	100mls	10	10
Kiwi	2 Fruit	10	10
Mango	1/3	10	14
Melon e.g. Honeydew	1 slice	10	6
Nectarine	1 Medium fresh	10	8
Orange	1 Medium	10	8
Paw – Paw	1/4	10	9
Peach	1 Medium	10	7
Tin Peaches in Juice	100g	10	10
Pear	1 Medium	10	10
Pineapple	1 Slice fresh	10	10
Tin pineapple in juice	1 ring/6chunks	5	12
Plum	2	10	9
Pomegranate	1 Small	10	
Prunes	3 Medium dried	10	34
Raspberries	25	5	6
Raisins	Tablespoon (30g)	20	70
Satsumas	2	10	8
Strawberries	10	5	5

Meat Products

Food Item	Typical Portion	G CHO	CHO per 100g
Steak & Kidney Pie	1 individual (160g)	40	25
Yorkshire Pudding	1 average (80g)	20	25
Sausage Roll	Medium (60g)	20-30	35

Scampi	Average portion in breadcrumbs- 150g	45	30
Pizza (cheese & Tomato)	½ thin crust	50	34
Pork Pie	Individual (140g)	35	24
Cornish Pasties	Medium	40-50	25
Quiche Lorraine	Slice – 100g	20	20

Rice, Pasta, etc.

Food Item	Typical Portion	G CHO	CHO per 100G
White Rice	1 tbsp (35g)	10	30
White Rice (uncooked)	3oz (75g)	65	86
Brown Rice (cooked)	1 tbsp (35g)	10	32
Basmati Rice (cooked)	1 tbsp (35g)	10	30
White Pasta (cooked)	½ cup (50g)	10	22
White Pasta (uncooked)	15g	10	74
Egg lasagne (dried)	1 sheet	10	68
Wholemeal Pasta	20 Strands (45g cooked)	10	23
Tortellini (cooked)	180g	50	30
Egg Noodles (dry)	68g (dry)	40	70
Macaroni Cheese	300g	40	14
Pot Noodles	1 pot	40-50	
Ravioli	200g small tin	20	10
Couscous (cooked)	150g	75	51

Home Baking

Food Item	Typical Portion	G CHO	CHO per 100g
White & Wholemeal Flour	1 tbsp (½ oz)	10	76
Sugar	10z (25g)	25	100
Dried Fruit	1oz (25g)	15	70
Oats	1oz (25g)	15	62
Syrup / Honey	1oz (25g)	20	80

Sugars and Preserves

Food Item	Typical Portion	G CHO	CHO per 100g
Sugar or Glucose	2 level teaspoons		10
Honey, Jam or Syrup	2 level teaspoons		10

Vegetables

Food Item	Typical Portion	G CHO	CHO per 100g
Baked Beans	3 tbsp	15	15
Red Kidney Beans Cooked	3 tbsp	15	17
Red Kidney Beans Tinned	3 tbsp	15	17
Chick Peas Cooked	2 tbsp	10	18
Chick Peas Tinned	2 tbsp	10	16
Lentils Cooked	2 tbsp	15	18
Mung Dahl	2 tbsp	10	1
Boiled New Potatoes	1 Egg Size	10	15
Baking Potato with Skin	1 Medium	50	32
Chips	5 Medium	10	30
Roast Potato	1 Medium	10	25
Mashed Potato	1 Ice Cream Scoop	10	15
Sweet Potato	130g weight	25	20
Potato Croquettes	2 pieces	13g	39
Peas (tinned/frozen)	2 tbspn	10	15
Sweetcorn	2 tbspn	15	25

Snacks

Food Item	Typical Portion	G CHO	CHO per 100g
Crisps	1 Small packet (25g)	15	60
Peanuts	50g packet	5	10
Raisins	30g	20	70
Dried Fruit and Nut	Small 30g packet	10	38
Popcorn - unpopped	1 tablespoon	10	
Popped	1 teacup (20g)	10	50
Twiglets	25g packet	15	62
Pringles	50g	25	47
Tortilla Chips	50g	30	60

Bombay Mix	30g bag	10	35
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Takeaway Foods

Food Item	Typical Portion	G CHO
McDonald's: Thick shake	Regular Vanilla	60
McDonald's: Hamburger	103g	25
McDonald's: Cheeseburger	117g	25
McDonald's: Quarterpounder	160g	20
McDonald's: Big Mac	207g	35
McDonald's: Chicken Nuggets	6 nuggets – 100g	10
Bacon & Egg McMuffin	140g	25
McDonald's: French Fries	Medium/Large	40/55
KFC – Chicken Original recipe	Wing / Breast / Drumstick	5/15
KFC- Burgers	Chicken Fillet Burger	35
Pizza Hut – Thin & Crispy Pizza	1 slice medium pizza	25-30
Stuffed Crust Pizza	1 slice medium pizza	40-50
Pan Pizza	1 slice medium pizza	40-50
B King –French Fries	Small / Medium / King-size	30-50
Chicken Tenders	4 pieces	10
B King – Whopper or Double Whopper	Plain Burger or with cheese	45
B King – Cheeseburger	With or without bacon	30
B King Chicken Royale	Each	45
Indian – Poppadom	1 Fried - 13g	5
Indian – Samosa	Medium – 70g	15
Indian – Naan	Large	70
Indian – Meat tikka	Main course – 200g	10
Indian – Vindaloo, etc.	Main course serve – 350g	10
Indian – Birani	Meat & Rice – 400g	100

Indian – Pilau Rice	200g side platter	50-60
Indian/Chinese – Boiled Rice	Takeaway Rice Portion (foil tray)	90-100
Mexican – Chilli con carne	200g (meat & beans only)	15
Mexican – Tortilla	Medium	25
Mexican – Taco shell	2 x 28g	15
Pizza	1 cheese & tomato – 300g	100
Sweet & Sour Pork	Average Portion – 300g	30
Chow Mein	Average Portion	60
Small Pancake Roll	90	20
Prawn Crackers	70g	30
Egg Fried Rice	270g whole portion	85
Chicken fried rice	350g	75
Chip Shop Battered Cod	Medium size – 180g	25
Chip shop chips	Small/Medium/Large	40/ 60/ 80
Scampi	Average portion in breadcrumbs – 150g	40
Scotch Egg	Average size - 120g	10
Doner Kebab	Small	30
Potato Waffle	40g	10
Sweet Waffle	1 average – 65g	25



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