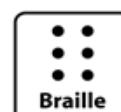


Carbohydrate Counting -10 – 15 grams of carbohydrate

These foods contain about the same amount of carbohydrate (10-15g)

1 small egg sized potato
5 medium cut chips
1 scoop mashed potato
1 small roast potato
2 Tbsp peas- tinned
2 Tbsp sweet corn (tinned)
3 Tbsp baked beans, kidney beans, chick
peas
1 small slice bread – white or wholemeal
1 inch piece of baguette
1 weetabix, shredded wheat
3 Tbsp cereal (all bran, fruit and fibre,
muesli)
1 crumpet
2 plain sweet biscuits (rich tea, ginger nut,
morning coffee)
1 digestive biscuit
2 crispbread, cream crackers
Muesli bar (under 15g)
30g packet crisps
1/3 pint milk
1 small yoghurt (under 15g)
1Tbsp rice (cooked)
1-2 Tbsp pasta (cooked)
1 sheet lasagne

15g raisins
4 apricots (fresh or dried)
10 grapes
2 kiwi fruit
1/3 mango
1 nectarine, apple, orange, pear
2 satsumas
2 plums
20 strawberries
150ml juice



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