

Patient Information

Carbohydrate content of some common foods

Food	Measure	Weight (g)	CHO(g)
Bread			
Most breads		30	15
Chapatti	1 average		25
French stick	2 inch slice		20
Gluten-free bread	1 slice		15
Large loaf, white or wholemeal	1 medium slice		15
Naan	1 large		65
Pitta bread	1 average		45
Roll, white or wholemeal	1 average		30
Small loaf, white or wholemeal	1 medium slice		10
Tortilla wrap, plain	1		25 -30
Cakes & biscuits			
Cream crackers	2 average		10
Digestive biscuit	1 biscuit		10
Doughnut	1 average	75	35
Jaffa cakes	2		15
Hot cross bun/tea cake	1 average	50	30
Plain biscuits e.g. Rich Tea	2 average		10
Rice cakes, thick	2		15
Ryvita	1		5
Cereals			
For most cereals – look on the packet			
Muesli	2 tablespoons		15
Oats, uncooked		50	30
Porridge made with water	medium portion	200	20
Porridge made with milk	medium portion	200	25
Shredded Wheat	1		15
Weetabix	1		10

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Drinks			
Alco pops - average	1		20
Beer - average	1 pint		10-15
Cider - dry	1 pint		15
Cider - sweet	1 pint		25
Fruit juice, unsweetened	1 small glass	100 ml	10
Lager	1 pint		15
Red Bull	1 can	250ml	10
Wine, dry	1 glass		Trace
Wine, sweet	1 glass		5
Fruit			
Apple	1 medium		10
Banana	1 medium		20
Cherries	20 average	100	10
Dates	4		10
Figs, dried & ready to eat	2		10
Grapes	10 average	100	10
Kiwi		100	10
Melon, with skin	1 slice	100	15
Orange	1 large		10
Peach and nectarine	1 medium/large	130	10
Pear	1 medium		10
Satsuma	1 medium		5
Strawberries	12 medium	170	10
Sultanas and raisins		50	35
Milk etc			
Build-up	in 200 ml milk		35
Complan	1 sachet	57	35
Horlicks, Ovaltine & Drinking chocolate	3 teaspoons	15	10
Milk, whole, semi & skimmed	1/3 pint	200ml	10
Soya milk - sweetened	1/3 pint	200ml	5

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Pasta/ rice			
Couscous, raw		50	35
Couscous, cooked		150	30
Pasta, raw		50	35
Pasta, cooked		100	25
Quinoa, boiled		100	15
Rice, white/brown raw	1 level tablesp	15	10
Rice, white/brown cooked	3 level tablesp	35	10
Spaghetti raw	20 x 10" lengths		15
Spaghetti, tinned		110	15
Potatoes			
Baked/jacket - small		100	30
Baked/jacket - medium		180	55
Baked/jacket - large		220	70
Boiled	1 egg-sized	60	10
Chips	10	100	30
Mashed	1 scoop	60	10
Roast	1 medium	85	20
Crisps	1 small bag	25-28	10
Vegetables			
Small amounts of starchy vegetables do not need to be counted.			
Baked beans in tomato sauce	½ small tin	100	15
Beans - kidney, chick, butter		100	15
Carrot - cooked		100	5
Cassava – baked		100	40
Cassava – steamed or boiled		100	35
Hummus	1 tablespoon	30	15
Lentils, boiled	3 tablespoons	100	15

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Food	Measure	Weight (g)	CHO (g)
Mixed vegetables, frozen uncooked		100	5
Mushy peas		100	15
Parsnip – uncooked		80	10
Plantain		100	30
Split peas, boiled	2 tablespoons	50	10
Sweetcorn		60	15
Misc			
Fish fingers	2 average	55	10
Fish in batter	average portion		15-20
Jam or marmalade	1 tablespoon	15	10
Popcorn - plain		50	25
Sausage	1 average		5
Scotch egg	1	120	10-15
Yorkshire pudding	average portion	100	25