

CARBOHYDRATE COUNTING REFERENCE TABLES

Includes the carbohydrate content for over 500 foods

With grateful thanks to Emma Jenkins and Sarah Marden who originally produced these tables. Adapted by Diabetes Dietitians HEFT.

Introduction

This booklet lists the carbohydrate content of usual foods. It is not a diet sheet. Carbohydrate is one of the main nutrients in our food which provides us with energy. It is the main nutrient which affects blood glucose levels. Counting carbohydrate will help you know how your food affects your blood glucose level after eating and you will be able to learn to match your dose of insulin with what you eat.

Counting carbohydrate can give you more choice and freedom with your food and lifestyle and lead to better blood glucose control. However, carbohydrate counting and insulin dose adjustment requires a great deal of practice and dedication with monitoring your blood glucose levels frequently. With the help of your dietitian you will learn which foods contain carbohydrate, how to work out the amount of carbohydrate you eat and drink and what dose of insulin you need.

There are different ways of calculating the carbohydrate content in your food. Your dietitian can help you decide on the best methods to suit you.

The tables show:

The carbohydrate content in grammes (g) for the amount of food listed. For example, 1 medium slice bread contains 15g carbohydrate. Compare your serving with the amount listed and work out how much carbohydrate is in the food you eat.

The average carbohydrate factor Use this information when calculating the carbohydrate content of a weighed food portion such as rice, pasta, potatoes, breakfast cereal, etc., where portion sizes varying and you can weigh your portion at home.

To work out the carbohydrate content using the carb factor or the amount of carbohydrate per 100g on the label, use the following equation:

(From a label (first use the per 100g reading and divide by 100) to get the carb factor then continue as below)

Carb factor then multiply (x) by the weight of food = carbohydrate in grammes

Example

A serving of rice weighs 200g. Cooked rice has 30g carbohydrate per 100g (carb factor 0.30)

Using the equation above:

$$\text{The amount of carbohydrate in the serving} = 0.30 \times 200 = 60\text{g carbohydrate}$$

The reference value is not listed for all foods in these tables.

The tables also list a selection of brand foods.

Values can differ between products and manufacturers may change their products from time to time. Use the carbohydrate content listed on the food label for a specific food and brand you choose where possible.

Remember to use the **total carbohydrate** content not the 'of which sugars'.

Contents

	Page
Conversion charts for weight & liquid	4
Biscuits, crackers & cereal bars	5
Bread & bakery	6, 7
Breakfast cereals	8, 9
Cakes and desserts	10, 11
Chocolate and sweets	12, 13
Crisps, snacks and nuts	14
Drinks: alcohol drinks	15
Drinks: soft drinks	16, 17
Fruit and fruit juices	18, 19
Home baking and sugars	20
Hypoglycaemia treatments	21, 22
Jams and spreads	23
Meat and fish	24
Milk and dairy	25
Pasta	26, 27
Rice, noodles and grains	28, 29
Soups, sauces and gravy	30
Takeaways and eating out	31, 32, 33
Vegetables, potatoes and pulses	34, 35
Index	36, 37, 38, 39

Conversion charts for weight and liquid

Metric measures such as grammes (g) or millilitres (ml) are used on food packets and labels in the UK. If you are more familiar with imperial measures such as ounces (oz) and pounds (lb) these conversion charts may be helpful.

Weight conversion chart

Metric weights	Imperial weights
15g (grams)	$\frac{1}{2}$ oz (ounce)
25g	1 oz
50g	2oz
75g	3oz
100g	4oz = $\frac{1}{4}$ lb
225g	8oz = $\frac{1}{2}$ lb
350g	12 oz = $\frac{3}{4}$ lb
450g	16oz = 1 lb
1000g = 1 kg (kilogram)	

Liquid conversion chart

Metric volume	Imperial volume
5 ml (millilitre)	1 tsp (teaspoon)
15ml	1 tbsp (tablespoon)
30ml	1 fl oz (fluid ounce)
150ml	5 fl oz = $\frac{1}{4}$ pint
200ml	7 fl oz = $\frac{1}{3}$ pint
275ml	10 fl oz = $\frac{1}{2}$ pint
425ml	15 fl oz = $\frac{3}{4}$ pint
568ml	20 fl oz = 1 pint
1000ml = 1 l (litre)	

Biscuits, crackers and cereal bars

	Serving Amount (weight)	Carbohydrate (g)
Savoury		
Cracker or crispbread	1	5g
Oatcake or rice cake	1	5g
Water biscuit (large)	1	5g
Plain		
Garibaldi biscuits	1	5g
Ginger snap	1	5g
Rich tea or malted milk	1	5g
Wholewheat digestive	1	10g
Chocolate and cream		
Custard cream	1	8g
Chocolate bourbon cream	1	9g
Chocolate fingers	3	10g
Jammy dodger	1	13g
Kitkat	2 finger bar	13g
Chocolate penguin	1	14g
Jaffa cake	3	25g
Fruit and cereal bars		
Jacob's fig roll	1 roll	15g
Tracker bar chocolate chip	26g bar	15g
Jordan's Fruesli or Alpen bar	30g bar	20g
Kellogg's Nutri-Grain bar	37g bar	25g
Nature Valley Oat and Honey	2 bars (42g)	30g
Oat Flapjack	1 square (60g)	35g

Bread and bakery

Meat and fish products coated in breadcrumbs such as fish fingers, scotch eggs and scampi are listed on page 24 and breadcrumbs used in recipes are listed in 'Home baking' on page 20.

	Serving Amount (weight)	Carbohydrate (g)	Carb factor
Bread slices			
Granary bread	1 medium slice (33g)	15g	0.46
Rye bread	1 medium slice (35g)	16g	0.46
White bread	1 thin slice (22g)	11g	0.50
	1 medium slice (30g)	15g	0.50
	1 thick slice (40g)	20g	0.50
	1 extra thick slice (60g)	30g	0.50
Wholemeal bread	1 thin slice (25g)	10g	0.42
	1 medium slice (35g)	15g	0.42
	1 thick slice (40g)	20g	0.42
Baguettes and sticks			
Baguette or French stick	1 inch slice (18g)	10g	0.55
	5 inch slice (90g)	50g	0.55
Breadsticks	3 sticks (15g)	10g	0.73
Ciabatta	1 thick slice (40g)	20g	0.51
Garlic bread	1 thick slice (40g)	20g	0.48
Rolls, crumpets and muffins			
Crumpet	1 crumpet (45g)	20g	0.44
Finger roll	1 roll (40g)	21g	0.52
Crusty white roll or small bap	1 roll (45g)	25g	0.56
Small wholemeal bap	1 bap (50g)	25g	0.50
Burger roll	1 roll (60g)	30g	0.49
Muffin English	1 muffin (70g)	30g	0.43
Panini	1 roll (85g)	38g	0.45
Bagel	1 bagel (90g)	50g	0.55
Large white bap	1 bap (95g)	50g	0.52
Large wholemeal bap	1 bap (95g)	48g	0.50
Croissants and pastries			
Belgian waffle	1 waffle (28g)	15g	0.53
Brioche	1 slice (35g)	20g	0.56
Croissant	1 (50g)	22g	0.43
Pain au chocolate	1 (65g)	30g	0.46
Pain au raisin	1 (95g)	37g	0.39

	Serving Amount (weight)	Carbohydrate (g)	Carb factor
Danish pastry	1 (90g)	45g	0.51
Naan and chapattis			
Poppadum	1 large (25g)	10g	0.42
Chapatti	1 medium (60g)	26g	0.43
Paratha	1 medium (90g)	40g	0.44
Naan plain	1 medium (120g)	60g	0.50
Wraps and pittas			
Pitta bread	1 mini (35g)	18g	0.50
white			
Wholemeal	1 standard (60g)	28g	0.46
White	1 standard (60g)	30g	0.50
Tortilla wrap			
wholemeal	1 medium (40g)	18g	0.46
	1 large (60g)	28g	0.46
White	1 medium (40g)	23g	0.58
	1 large (60g)	35g	0.58

Breakfast cereals

	Serving Amount (weight)	Carbohydrate (g)	Carb factor
Biscuit type			
Weetabix	1 biscuit (19g)	12g	0.68
Oatibix	1 biscuit (24g)	15g	0.64
Shredded wheat	1 biscuit (22g)	15g	0.69
Weetabix wholegrain minis	15 (40g)	30g	0.73
Bran			
All Bran	3 tbsp (20g)	10g	0.48
Flakes			
Bran or oat flakes	7 tbsp (45g)	30g	0.67
Cornflakes	6 tbsp (35g)	30g	0.84
Crunchy Nut Cornflakes	6 tbsp (35g)	30g	0.82
Frosties	6 tbsp (35g)	30g	0.87
Fruit 'n Fibre	7 tbsp (45g)	30g	0.69
Special K	6 tbsp (40g)	30g	0.75
Sultana Bran	7 tbsp (45g)	30g	0.68
Krispies			
Cheerios	8 tbsp (40g)	30g	0.75
Coco Pops	7 tbsp (35g)	30g	0.85
Puffed Wheat	8 tbsp (40g)	30g	0.72
Rice Krispies	7 tbsp (35g)	30g	0.87
Start	7 tbsp (35g)	30g	0.83
Weetos	8 tbsp (40g)	30g	0.75

	Serving Amount (weight)	Carbohydrate (g)	Carb factor
Muesli & Crunches			
Fruit muesli	2 tbsp (30g)	20g	0.65
Maple and pecan crisp	2 tbsp (30g)	20g	0.64
Muesli no added sugar	2 tbsp (30g)	20g	0.65
Nut muesli	2 tbsp (30g)	18g	0.61
Oats and porridge			
Oats rolled	2 tbsp (25g)	15g	0.60
Oatso Simple Original	1 sachet (27g) with milk	25g	0.14
Porridge with milk	medium serving (225g)	30g	0.14
Squares			
Frosted or Coco Shreddies	5 tbsp (40g)	30g	0.77
Raisin Wheats	15 (40g)	30g	0.69
Shredded Wheat Bitesize	15 (40g)	30g	0.72
Shreddies	5 tbsp (40g)	30g	0.74
	tblsp = tablespoon		

Cakes and desserts

	Serving Amount (weight)	Carbohydrate (g)
Buns, muffins and scones		
Mini muffin chocolate	28g mini	15g
Iced finger bun	40g bun	20g
Malt loaf	30g slice	20g
Scone and rock cake	45g cake	25g
Currant bun and teacake	60g bun	32g
Muffin blueberry	100g cake	40g
Cream cakes& meringues		
Cream horn	60g cake	15g
Chocolate éclair	90g	25g
Meringue 2 nests	30g (15g each)	30g
Profiteroles	6 (120g)	30g
Strawberry cheesecake	small slice (150g)	40g
Doughnuts and pancakes		
Pancake	60g	15g
Scotch pancake	35g	15g
Ring doughnut	65g	30g
Jam doughnut	70g	35g
Ice cream and sorbets		
Vanilla ice cream	1 scoop (50g)	10g
Choc ice	1 bar (65ml)	15g
Mango sorbet	1 scoop (50g)	15g
Mars ice cream bar	51ml bar	15g
Calippo fruit lolly	80ml lolly	18g
Cornetto classico	55ml cone	20g
Magnum classic	120ml bar	27g
Flake ice cream cone	125ml cone	30g

	Serving Amount (weight)	Carbohydrate (g)
Pastries and pies		
Bakewell tart	individual tart (45g)	20g
Jam tart	1 tart (35g)	21g
Custard tart		
	individual tart (95g)	25g
Mince pies	1 pie (60g)	35g
Danish pastry	1 (90g)	45g
Apple pie		
	medium slice (150g)	50g
Banoffee pie	medium serving (150g)	50g
Cakes and puddings		
Chocolate mini roll	1 roll (29g)	15g
Cupcakes iced	1 cake (40g)	15g
Swiss roll		
	1 slice (35g)	22g
Jelly	medium serving (150g)	27g
Carrot cake iced	1 slice (75g)	30g
Gateau and trifle		
	1 slice (100g)	30g
Fruit cake with icing	1 slice (60g)	35g
Sponge iced or jam	1 slice (75g)	35g
Bread and butter pudding		
	medium serving (150g)	40g
Sticky toffee pudding	medium serving (110g)	45g

Chocolate and sweets

These are listed from low to high carbohydrate content.

	Serving Amount (weight)	Carbohydrate (g)
Individual sweets		
Jelly babies	1 sweet	5g
Jelly beans	3 beans	5g
Liquorice Allsorts	1 sweet	5g
Wine gums	1 sweet	5g
After Eight mints	1 sweet	6g
Marshmallows	1 sweet	6g
Assortment toffee and choc	1 sweet	8g
Dark or milk chocolate bar	3 small squares (15g)	10g
Fudge	1 square (12g)	10g
Packets and bars		
Kinder Bueno	single 22g bar	11g
Maltesers funsize	20g bag	12g
Mars bar funsize	18g bar	12g
Green and Black's chocolate	35g bar	13g
Kitkat	2 finger bar	13g
Milky Way	single 22g bar	16g
Chocolate Buttons	32g bag	18g
Flake	32g bar	18g
Cadbury's Fudge Finger	26g bar	19g
Twix	single 29g bar	19g
Maltesers	37g bag	23g
Galaxy	46g bar	26g
Peanut M & M's	45g bag	27g
Toffee crisp	44g bar	27g
Cadbury's Dairy Milk	49g bar	28g
Crunchie	40g bar	28g

	Serving Amount (weight)	Carbohydrate (g)
Cadbury's Cream Egg	1 egg	29g
Minstrels	42g bag	29g
Cadbury's Caramel bar	47g bar	30g
Kitkat chunky	48g bar	30g
Snickers	58g bar	32g
Bounty bar	57g bar	34g
Munchies	52g tube	34g
Boost bar	61g bar	35g
Rolo	52g tube	35g
Fry's Turkish Delight	51g bar	38g
Starburst	45g tube	38g
Yorkie	55g bar	35g
Wine gums	52g tube	39g
Mars bar	58g bar	40g
Double Decker	60 bar	41g
Fruit pastilles	53g tube	45g
Trebor extra strong mints	48g tube	45g
Polo mints	48g tube	47g
Skittles	55g packet	50g

Crisps, snacks and nuts

	Serving Amount (weight)	Carbohydrate (g)	Carb factor
Potato and corn snacks			
Bombay mix	1/6 large bag (25g)	9g	0.35
Twiglets	25g packet	15g	0.58
Crisps	1 small packet (25g)	15g	0.60
	1 packet (35g)	21g	0.60
Pringles pop and go	40g tube	21g	0.52
Doritos corn snacks	40g bag	23g	0.58
Tortilla Chips	¼ large bag (50g)	30g	0.60
Pretzels	50g bag	39g	0.77
Popcorn , plain popped	1 teacup (20g) or 2 handfuls	10g	0.50
Popcorn, salted	100g bag	48g	0.48
Popcorn, sweet	100g bag	55g	0.55
Nuts, fruit and seeds			
Olives	3 small (15g)	trace	trace
Seeds (assorted)	25g serving	trace	0.05
Peanuts	50g bag	5g	0.10
Cashew nuts	50g bag	10g	0.19
Dried fruit & nuts	25g packet	10g	0.38
Raisins	14g box	10g	0.69
Dried fruit, nuts & seeds	25g packet	15g	0.59

Drinks: alcoholic drinks

Alcoholic drinks contain carbohydrate so these are included in the tables. It is important to note that most people do not give insulin for the carbohydrate in alcoholic drinks due to the risk of hypoglycaemia. Soft drinks and mixers are listed on pages 16 and 17. Fruit juices are listed on page 19.

Drink	Serving Amount (weight)	Carbohydrate (g)
Wines		
Champagne and sparkling	small flute (125ml)	Trace
Red, rose and white	medium glass (175ml)	Trace
Dessert wine	small glass (125ml)	10g
Low alcohol wine	medium glass (175ml)	20g
Mulled wine	medium glass (175ml)	30g
Beer, lager and cider		
Beer and lager	1 pint	10g
Dry cider	1 pint	15g
Low alcohol beer	330ml bottle	20g
Stout	1 pint	20g
Sweet cider	1 pint	25g
Vintage cider	1 pint	40g
Spirits and alcopops		
Gin, whiskey, rum	single measure (25ml)	0g
Ready mixed (Breezer,WKD)	275ml bottle	25 - 35g
Cocktails (various)	125ml - 200ml glass	Up to 40g
Sherry, port and liqueurs		
Sherry and vermouth	50ml glass	Trace
Port	50ml glass	5g
Liqueur (Baileys, Tia Maria)	50 ml glass	15g
Pimms with lemonade	250ml tumbler	25g

Drinks: soft drinks

Soft drinks may contain carbohydrate from added sugar, fruit juice and sometimes yoghurt. Diet or low calorie drinks sweetened with artificial sweeteners do not contain significant carbohydrate.

	Serving Amount (weight)	Carbohydrate (g)	Carb factor
Fizzy drinks			
Diet cola	half glass (100ml)	0g	0
Cola	half glass (100ml)	10g	0.11
	330ml can	35g	0.11
Sparkling elderflower	500ml bottle	55g	0.11
	medium glass (200ml)	14g	0.7
Fanta orange	500ml bottle	35g	0.7.
Lemonade, Sprite, 7 Up	330ml can	35g	0.11
Mixers			
Slimline tonic water	mini bottle or can (150ml)	0g	0
Tonic water	mini bottle or can (150ml)	8g	0.05
Bitter lemon	mini bottle or can (150ml)	12g	0.08
Ginger ale	mini bottle or can (150ml)	14g	0.09
J20	275ml bottle	19g	0.07
Appletiser	275ml bottle	30g	0.11
Fruit smoothie	250ml bottle	35g	0.14
Yoghurt smoothie	250ml bottle	40g	0.16
Squash and cordials			
Orange barley squash	large glass diluted (250ml)	12g	0.05
Elderflower cordial	large glass diluted (250ml)	18g	0.07
Orange hi-juice squash	large glass diluted (250ml)	20g	0.08
Blackcurrant squash	large glass diluted (250ml)	27g	0.11

	Serving Amount (weight)	Carbohydrate (g)	Carb factor
Sports and energy			
Lucozade Alert	60ml bottle	0g	0
Red Bull	250ml can	28g	0.11
Lucozade sport	500ml bottle	32g	0.06
Relentless	500ml can	52g	0.10
Powerade energy	500ml bottle	53g	0.10
Lucozade original	500ml bottle	86g	0.17
Malted drinks and			
Cocoa powder	1 - 2 teaspoons (8g)	1g	0.11
Low calorie hot	mug with water (200ml)	5g	0.03
Cadbury's instant	mug with water (200ml)	19g	0.10
Horlicks instant	mug with water (200ml)	22g	0.11

Fruit and fruit juices

Fruit and fruit juices contain carbohydrate. Fructose is a natural sugar in all kinds of fruit and fruit juices. Some tinned fruit and fruit juices may contain additional carbohydrate from added sugar. The weight listed may include peel or stones but the carbohydrate content listed is for edible fruit.

	Serving Amount (weight)	Carbohydrate (g)	Carb factor
Berries and cherries			
Blackberries, raspberries	bowl (100g)	5g	0.05
Blueberries	20 (50g)	5g	0.10
Strawberries	7 (85g)	5g	0.06
Blackcurrants, redcurrants	bowl (100g)	7g	0.07
Cherries	10 (100g with stones)	10g	0.10
Melon and kiwi			
Melon e.g. honeydew	1 thin slice (150g)	10g	0.06
Watermelon	1 thin slice (150g)	10g	0.07
Kiwi	2 fruit (60g each)	11g	0.09
Apples, pears, plums			
Plum	2 (60g each with stone)	10g	0.08
Apple, stewed no sugar	medium serving (140g)	11g	0.08
Apple	1 medium (125g)	15g	0.12
Pear	1 medium (175g)	15g	0.09
Peaches, nectarines, apricots			
Apricots	4 (35g each with stone)	10g	0.07
Nectarine	1 medium (125g with stone)	10g	0.08
Peach	1 medium (150g with stone)	10g	0.07
Tinned peaches in juice	¼ tin (100g)	10g	0.10
Oranges and citrus			
Grapefruit	½ fruit (100g with peel)	5g	0.05
Orange	1 medium (175g with peel)	10g	0.06

	Serving Amount (weight)	Carbohydrate (g)	Carb factor
Satsumas	2 (85g each with peel)	10g	0.06
Bananas and tropical			
Grapes	10 medium	10g	0.15
Mango	1/4 fruit (75g)	10g	0.14
Paw-paw	1/4 fruit (110g)	10g	0.09
Pineapple	2 slices (100g)	10g	0.10
Banana	1 medium (130g with skin)	20g	0.15
Fruit salad			
Fruit cocktail	1/2 tin in juice (200ml)	14g	0.07
Fresh fruit salad	medium bowl (200ml)	28g	0.14
Dried or ready to eat			
Apricots	3 ready-to-eat (25g)	10g	0.37
Dates	2 ready-to-eat (15g)	10g	0.65
Dried Apricots	3 whole (28g)	10g	0.36
Figs	1 ready-to-eat (20g)	10g	0.49
Prunes	2 ready-to-eat (30g)	10g	0.34
Raisins and sultanas	1 tablespoon (15g)	10g	0.70
Fruit juice and drinks			
Grapefruit juice	100ml	4g	0.08
Apple juice	100ml	11g	0.11
Orange juice	100ml	10g	0.10
Tomato juice	250ml	10	0.04
Pineapple juice	100ml	12g	0.12
Fruit smoothies	100ml	14g	0.14
Cranberry juice	100ml sweetened	13g	0.13

Home baking and sugars

Cooking and baking fats and oils such as butter, margarine and olive oil do not contain carbohydrate.

	Serving Amount (weight)	Carbohydrate (g)	Carb factor
Sugars and syrups			
Glucose	2 level teaspoons (10g)	10g	1.00
Honey	2 teaspoons (15g)	12g	0.80
	1 oz (25g)	20g	0.80
Jam, lemon curd and treacle	2 teaspoons (15g)	10g	0.65
Sugar (brown or white)	1 oz (25g)	16g	0.65
	2 level teaspoons (10g)	10g	1.00
	1 oz (25g)	25g	1.00
Syrup (golden, maple syrup)	2 teaspoons (15g)	12g	0.80
	1 oz (25g)	20g	0.80
Flours & breadcrumbs			
White or wholemeal flours	1 tablespoon (½ oz or 15g)	10g	0.70
	4oz (100g)	70g	0.70
Breadcrumbs	1 oz (25g)	13g	0.50
Oats	1 oz (25g)	15g	0.60
Dried and semi dried fruit			
Figs and prunes	1 oz (25g)	10g	0.40
Dates (no stones)	1 oz (25g)	16g	0.65
Raisins, currants, sultanas	1 oz (25g)	18g	0.70
Chocolate and cocoa			
Cocoa	1 oz (25g)	3g	0.11
Dark and milk chocolate	4oz (100g)	60g	0.60

Hypoglycaemic treatments

Hypoglycaemia, or hypo, is a blood glucose level less than 4mmol/l. Immediately treat with 10 -15g of quick acting carbohydrate such as the foods and drinks listed below. Retest and if blood glucose is still less than 4mmol/l, take another 10-15g. Do not take insulin for these treatments. When blood glucose is above 4mmol/l you may need to take some additional starchy carbohydrate food as a follow on treatment, if you next meal is not due.

	Serving Amount (weight)	Carbohydrate (g)	Carbohydrate g per 100g
Sugar, glucose, sweets			
Glucose or sugar	2 level teaspoons (10g)	10g	100
	3 level teaspoons (15g)	15g	100
Glucose (dextrose) tablets	3 tablets	10g	100
	5 tablets	15g	100
Glucogel	1 tube (25g)	10g	40
Jelly babies	3 sweets	15g	80
	5 sweets	20g	80
	7 sweets	10g	90
Jelly beans	10 sweets	15g	90
	4 small sweets	10g	85
Pastilles fruit	6 sweets	15g	85
	5 small sweets	15g	75
Wine gums			
Drinks			
Lucozade	85ml	10g	9
	170mls	15g	9
Cola (not diet)	100ml	11g	11
	150ml	16g	11
Fruit Juice	100ml	10g	10
	150ml	14g	10
Lucozade Sport	200ml	12g	6

	Serving Amount (weight)	Carbohydrate (g)	Carbohydrate g per 100g
Follow on treatment			
Biscuits	2 plain	15g	70
Bread or toast	1 medium slice	15g	50
Cereal with milk	small bowl	20g	15
Fruit (such as banana)	1 medium	20g	15

Jams and spreads

Butter and fat spreads such as sunflower or olive spreads do not contain carbohydrate. Marmite and other yeast spreads, peanut butter and other nut spreads contain only a small amount of carbohydrate and do not need to be counted.

	Serving Amount (weight)	Carbohydrate (g)	Carb factor
Jams and spreads			
Reduced sugar jam	2 tsp (15g)	8g	0.55
Chocolate nut spread	2 tsp (15g)	9g	0.60
Lemon curd	2 tsp (15g)	9g	0.63
Jam and marmalade	2 tsp (15g)	10g	0.69
Golden and maple syrup	2 tsp (15g)	12g	0.80
Honey	2 tsp (15g)	13g	0.85
	1 oz (25g)	21g	0.85
	tsp = teaspoon		

Meat and Fish

Meat and fish do not contain carbohydrate unless coated in batter or breadcrumbs, wrapped in pastry or have been processed with added cereal. Meat and fish products containing significant carbohydrate are listed below.

	Serving Amount (weight)	Carbohydrate	Carb factor
Meat pies and pasties			
Mini sausage roll	1 mini (20g)	5g	0.28
Sausage	1 (55g)	5g	0.09
Chicken Kiev	1 average (130g)	16g	0.12
Mini scotch eggs	2 mini (60g each)	16g	0.13
Sausage roll	1 medium (60g)	16g	0.27
Scotch egg	1 average (120g)	16g	0.13
Chicken goujons	3 pieces (100g)	19g	0.19
Quiche Lorraine	1/3 from 6" quiche (120g)	26g	0.22
Pork pie	individual (140g)	35g	0.24
Steak and kidney pie	individual (200g)	46g	0.23
Cornish pastie	1 medium (200g)	49g	0.25
Accompaniments			
Stuffing	2 balls (65g)	13g	0.20
Yorkshire pudding	2 average (80g)	20g	0.25
Fish products			
Fish fingers, grilled	3 fingers (60g)	9g	0.15
Scampi in breadcrumbs	5 pieces (75g)	15g	0.20
Fish cake, fried	1 medium (100g)	16g	0.16
Fish in batter	small (130g)	19g	0.15
Sushi	4 pieces (125g)	32g	0.25

Milk and dairy

Milk and many milk products such as yoghurt and ice-creams contain carbohydrate. Lactose is the natural sugar found in these foods. Cream and cheese does not contain significant amounts of carbohydrate, the lactose is removed during processing.

	Serving Amount (weight)	Carbohydrate	Carb factor
Milks			
Soya milk (sweetened)	200ml (1/3 pint)	6g	0.03
Fresh milk (all kinds)	200mls (1/3pint)	10g	0.05
Dried-skimmed milk	2 tbsp (20g)	11g	0.53
Evaporated milk	150ml serving	12g	0.08
Condensed milk	50ml serving	28g	0.55
Yoghurts			
Diet yoghurt	small carton (125g)	8g	0.06
Natural yoghurt	small carton (125g)	9g	0.07
Yoghurt drink	small glass or bottle (75ml)	9g	0.12
Low fat fruit yoghurt	small carton (125g)	18g	0.14
Custard and milk puddings			
Custard powder	1 tbsp (15g)	14g	0.92
Custard made up	medium serving (125g)	21g	0.17
Milk pudding	medium (200g) serving	28g	0.14

Ice cream see Desserts on page 10

Pasta

When pasta is boiled the volume and weight increases due to the absorption of water. When working out the carbohydrate content of your pasta meal check you are using the correct carbohydrate value from these tables or on food labels such as “dry weight” (raw) or “as served” (cooked) weight.

	Serving Amount (weight)	Carbohydrate	Carb factor
Pasta dried	weighed before cooking		
Lasagne sheets	1 sheet (15g)	10g	0.70
Pasta penne and fusilli	50g raw	35g	0.70
	75g raw	53g	0.70
	100g raw	70g	0.70
Spaghetti white	50g raw	35g	0.70
	100g raw	70g	0.70
Macaroni	50g raw	38g	0.76
Spaghetti wholewheat	75g raw	50g	0.66
	100g raw	66g	0.66
Pasta boiled	weighed after cooking		
Macaroni	small serving (100g)	38g	0.38
Pasta penne and fusilli	small serving (100g)	35g	0.35
	medium serving (200g)	70g	0.35
	large serving (300g)	105g	0.35
Spaghetti white	small serving (100g)	35g	0.35
	medium serving (200g)	70g	0.35
Spaghetti wholewheat	small serving (100g)	32g	0.32

	Serving Amount (weight)	Carbohydrate	Carb factor
	medium serving (200g)	64g	0.32
Pasta dishes			
Ravioli tinned in sauce	½ tin (200g)	20g	0.10
Lasagne	medium serving (300g)	40g	0.13
Tortellini (fresh filled)	small serving (150g)	48g	0.32
Macaroni cheese	medium serving (300g)	54g	0.18

Rice, noodles and grains

	Serving Amount (weight)	Carbohydrate	Carb factor
Rice			
All varieties	10g raw	10g	0.90
	30g cooked (1 tablespoon)	10g	0.30
	25g raw	25g	0.90
	75g cooked	25g	0.30
	50g raw	50g	0.90
	150g cooked	50g	0.30
Rice dishes			
Pilau rice	medium serving (200g)	60g	0.30
Risotto	large serving (350g)	60g	0.17
Rice pudding see 'Milk and dairy' page 24			
Egg Fried Rice see 'Takeaways and Eating Out' page 32			
Noodles			
Straight to wok noodles	150g	40g	0.28
Egg noodles (raw)	63g	45g	0.72
Egg noodles (boiled)	125g	45g	0.36
Cup / pot noodles	1 pot (320g as served)	65g	0.20

	Serving Amount (weight)	Carbohydrate	Carb factor
Other grains			
Polenta	medium serving (125g)	19g	0.15
Quinoa	60g raw	38g	0.63
	125g ready to eat	38g	0.31
Couscous (cooked)	4 tbsp (125g)	38g	0.30

Soups, sauces and gravy

	Serving Amount (weight)	Carbohydrate
Soups		
Chicken noodle soup	medium serving (200ml)	10g
Cream of tomato soup	medium serving (200ml)	10g
Vegetable soup	medium serving (200ml)	15g
Lentil soup	medium serving (200ml)	20g
Sauces and gravy		
Horseradish sauce	1 tbsp (15ml)	3g
Mint sauce	1 tbsp (15ml)	4g
Gravy	per serving (100ml)	5g
Ketchup and Brown sauce	1 tbsp (15ml)	5g
Sweet pickle	1 tbsp (15ml)	5g
Bread sauce	per serving (75ml)	10g
Sweet chilli sauce	1 tbsp (15ml)	10g
Sweet mango chutney	1 tbsp (15ml)	10g
Savoury white sauce	per serving (125ml)	15g
Sweet white sauce	per serving (125ml)	25g

Takeaways and eating out

	Serving Amount (weight)	Carbohydrate
Burger King		
Chicken nuggets	6 pieces	20g
Chicken wrap	each	35g
French fries	small / regular / large	26g / 39g /
Breakfast in Bread	each	42g
Whopper	each	51g
Veggie bean burger	each	83g
KFC		
Popcorn chicken	regular	15g
Chicken original recipe	3 pieces	23g
Fries	regular	36g
Mc Donald's		
Chicken McNuggets	4 nuggets	13g
Apple pie	each	29g
Hamburger	each	30g
French fries	small / medium / large	30g / 42g /
Milk shake	small / medium / large	35g / 70g /
Quarter pounder with cheese	each	37g
Big Mac	each	41g
McFlurry ice cream	each	52g
Chicken sandwich	each	56g
Double chocolate muffin	each	57g

	Serving Amount (weight)	Carbohydrate
Pizza Hut		
Garlic bread	1 thin slice	12g
Pan pizza	regular 9" (1 slice from 6)	21g
Thin Italian	regular 11" (1 slice from 8)	25g
Stuffed crust pizza	large 14" (1 slice from 8)	34g
Oriental		
Duck pancake	filled	5g
Prawn crackers	5 large (15g)	10g
Spring roll	1 small (50g)	10g
Dim sum with plum sauce	6 pieces	30g
Sushi	4 pieces	32g
Chow mein	main course (400g)	60g
Chicken fried rice	main course (400g)	75g
Egg fried rice or boiled rice	takeaway foil tray (300g)	90g
Indian		
Poppadom	1 large (20g)	5g
Meat tikka masala	main course (400g)	10g
Samosa	1 (60g)	10g
Vindaloo dish	main course (400g)	10g
Onion bhaji	1 (65g)	15g
Aloo saag	side dish (150g)	15g
Chana dahl	side dish (150g)	20g
Pilau rice	side dish (200g)	60g
Naan	large (140g)	70g
Boiled rice	takeaway foil tray (300g)	90g
Biriani dish	main course with rice (600g)	100g

	Serving Amount (weight)	Carbohydrate
Mexican		
Refried beans	2 tbp (60g)	10g
Taco shell	1	10g
Chilli con carne	meat and beans only	15g
Tortilla	medium	25g
Fish shop		
Battered cod	medium / large	20g / 25g
Scampi in breadcrumbs	10 pieces	30g
Chips	small portion (130g)	40g
	medium portion (250g)	80g
	large portion (400g)	120g
Kebab		
Doner kebab	with standard pitta	30g

Vegetables including potatoes and pulses

Most vegetables (except potatoes) have a low carbohydrate content and do not need to be counted. The vegetables including pulses such as peas, beans and lentils with significant carbohydrate content are listed below. Pulses have a low glycaemic effect and you will find from experience whether to take insulin for these or not.

	Serving Amount (weight)	Carbohydrate	Carb factor
Potatoes			
Potatoes boiled	1 egg sized (60g)	10g	0.17
Potatoes chips, fried	5 medium cut (30g)	10g	0.30
Potatoes mashed	1 scoop (60g)	10g	0.15
Potatoes roast	1 small (40g)	10g	0.26
Baked or jacket potatoes			
Sweet potato	1 medium (125g)	25g	0.20
Potato with skin	1 small (150g)	35g	0.23
	1 medium (225g)	50g	0.23
	1 large (350g)	80g	0.23
Chips and fries			
Oven chips, baked	15 – 20 chips (100g)	30g	0.30
French fries	medium portion (150g)	50g	0.36
Other potato products			
Hash brown	1 (45g)	10g	0.25
Croquette or Smiles	2 (40g)	10g	0.25
Potato salad	2 tbsp (75g)	10g	0.13
Potato wedges	3-4 wedges (40g)	10g	0.25
Potato waffle	1 waffle (45g)	15g	0.31
Potato crisps	small packet (25g)	15g	0.60

Vegetables

	Serving Amount (weight)	Carbohydrate	Carb factor
Vegetables			
Butternut squash, baked	100g	8g	0.08
Beetroot, boiled	2 – 3 small (100g)	10g	0.10
Carrots, boiled	2 medium (200g)	10g	0.05
Parsnip, baked	½ medium (50g)	10g	0.21
Peas and beans			
Houmous	2 tbsp (60g)	8g	0.13
Baked beans	2 tbsp (65g)	10g	0.14
Broad beans	2 - 3 tbsp (75g)	10g	0.12
Butter beans	2 – 3 tbsp (75g)	10g	0.13
Chickpeas, canned	2 tbsp (60g)	10g	0.16
Kidney beans, canned	2 tbsp (60g)	10g	0.18
Lentils, boiled	2 tbsp (60g)	10g	0.18
Mushy peas	2 tbsp (75g)	10g	0.14
Peas canned or frozen	3 tbsp (75g)	10g	0.12
Baked beans	½ tin (200g)	28g	0.14
Sweetcorn			
Sweetcorn canned or frozen	1- 2 tbsp (40g)	10g	0.26
cob	medium (85g)	10g	0.12

Index

A

After Eight mints	12
Alcoholic drinks	15
All Bran	8
Aloo saag	32
Alpen bar	5
Apple	18
Apple juice	19
Apple pie	11, 31
Apple, stewed no sugar	18
Appletiser	16
Apricots	18, 19
Assortment toffee & chocolate	12

B

Bagel	6
Baguette	6
Baileys	15
Baked beans	35
Baked potato	34
Bakewell tart	11
Banana	19, 22
Banoffee pie	11
Baps	6
Battered cod	33
Beans	35
Beer	15
Beetroot, boiled	35
Belgian waffle	7
Big Mac	31
Biriani dish	32
Biscuits	5, 22
Bitter lemon	16
Blackberries	18
Blackcurrant squash	16
Blackcurrants	18
Blueberries	18
Boiled rice	28, 32
Bombay mix	14
Boost bar	13
Bourbon biscuit	5
Bran Flakes	8
Bread & rolls	6, 22
Bread and butter pudding	11
Bread sauce	30
Breadcrumbs	20
Breadsticks	6
Breakfast cereals	8, 9
Breakfast in Bread	31
Breezer Bacardi	15
Brioche	7
Broad beans	35
Brown sauce	30
Burger King	31
Burger roll	6

Butter beans	35
Butternut squash, baked	35

C

Cakes	10, 11
Calippo	10
Caramel bar	13
Carrot cake iced	11
Carrots, boiled	35
Cashew nuts	14
Cereal bars	5
Cereals	8, 9
Champagne	15
Chana dahl	32
Chapatti	7
Cheerios	8
Cheesecake	10
Cherries	18
Chicken fried rice	32
Chicken goujons	24
Chicken Kiev	24
Chicken McNuggets	31
Chicken noodle soup	30
Chicken nuggets	31
Chicken sandwich	31
Chicken wrap	31
Chickpeas, canned	35
Chilli con carne	33
Chilli sauce, sweet	30
Chinese, oriental	32
Chips	33
Choc ice	10
Chocolates	12, 13
Chocolate assortment	12
Chocolate dark, milk	12, 20
Chocolate bourbon biscuit	5
Chocolate buttons	12
Chocolate drink, instant	17
Chocolate éclair	10
Chocolate finger biscuit	5
Chocolate mini roll	11
Chocolate muffin	10, 31
Chocolate nut spread	23
Chow mein	32
Chutney, mango	30
Ciabatta	6
Cider	15
Cocktails	15
Coco Pops	8
Coco Shreddies	9
Cocoa	17, 20
Cod in batter	33
Cola	16, 21
Condensed milk	25
Cordial elderflower	16

Cornetto	10
Cornflakes	8
Cornish pastie	24
Couscous	29
Cracker	5
Cranberry juice	19
Cream cakes	10
Cream horn pastry	10
Cream of tomato soup	30
Cream egg	13
Crisps	14
Croissant	7
Croquette, potato	34
Crumpet	6
Crunchie	12
Crunchy Nut Cornflakes	8
Crusty white roll	6
Cupcakes iced	11
Currant bun	10
Currants	20
Custard cream	5
Custard	25
Custard tart	11

D

Dairy Milk chocolate	12
Danish pastry	7, 11
Dates	19, 20
Desserts	10, 11
Dessert wine	15
Diet cola	16
Diet yoghurt	25
Digestive biscuit	5
Dim sum with plum sauce	32
Doner kebab	33
Doritos	14
Double decker	13
Doughnut	10
Dried fruit	14, 19
Dried skimmed milk	25
Drinks alcoholic, soft	15, 16, 17
Duck pancake	32

E

Éclair	10
Egg fried rice	32
Egg noodles	28
Egg, scotch	24
Elderflower cordial	16
Energy drinks	17
Evaporated milk	25

F

Fanta orange drink	16
Fig roll	5
Figs	19, 20

Finger roll, bread	5
Fish	24
Fish cake	24
Fish fingers	24
Fish Shop	33
Fish in batter	24
Flake	12
Flake ice cream cone	10
Flapjack	5
Flour, white & wholemeal	20
French fries	31, 34
French stick	6
Frosted Shreddies	9
Frosties	8
Fruesli cereal bar	5
Fruit	18
Fruit & nuts	14
Fruit 'n Fibre	8
Fruit cake	11
Fruit cocktail	19
Fruit juice	16, 19, 21
Fruit pastilles	13
Fruit salad	19
Fruit smoothie	16
Fruit yoghurt	25
Fudge finger	12
Fusilli pasta	26

G

Galaxy	12
Garibaldi biscuit	5
Garlic bread	6, 32
Gateau	11
Gin	15
Ginger ale	16
Ginger snap biscuit	5
Glucogel	21
Glucose (dextrose)	20, 21
Goujons, chicken	24
Granary bread	6
Grapefruit	18
Grapefruit juice	19
Grapes	19
Gravy	30

H

Hamburger	31
Hash brown	34
Home Baking	20
Honey	20, 23
Horlicks instant drink	17
Horseradish sauce	30
Hot chocolate drink	17
Houmous	35
Hypoglycaemic treatments	21

I	
Ice cream	10
Ice lolly	10
Iced finger bun	10
Indian foods	32
Irish cream liqueur	15

J	
J20 fruit drink	16
Jacket potatoes	34
Jaffa cake	5
Jam	20, 23
Jam doughnut	10
Jam tart	11
Jammy dodger biscuit	5
Jelly	11
Jelly babies	12, 21
Jelly beans	12, 21
Juice	16, 19, 21

K	
Kebab	33
Ketchup	30
KFC	31
Kidney beans, canned	35
Kinder bueno	12
Kitkat	5, 12, 13
Kitkat chunky	13
Kiwi	18

L	
Lager	15
Lasagne	26, 27
Lemon curd	23
Lemonade	16
Lentil soup	30
Lentils	35
Liqueurs	15
Liquorice allsorts	12
Lucozade	21
Lucozade alert	17
Lucozade Original Energy & Sport	17, 21

M	
M & M's	12
Macaroni	26
Magnum ice cream bar	10
Malt loaf	10
Malted drinks	17
Malted milk biscuit	5
Maltesers	12

Mango	19
Mango chutney	30
Mango sorbet	10
Maple & pecan crisp cereal	9
Marmalade	23
Mars bar	12, 13
Mars ice cream bar	10
Marshmallows	12
McDonald's	31
McFlurry, McDonald's	31
Meat	24
Melon	18
Meringue nest	10
Mexican	33
Milk pudding	25
Milk shake	31
Milk	25
Milky Way	12
Mince pie	11
Minstrels	13
Mint sauce	30
Mints, After Eight, Polos	12
Muesli	9
Muffin blueberry, chocolate	10
Muffin English	6
Mulled wine	15
Munchies	13
Mushy peas	35

N	
Naan bread	7, 32
Natural yoghurt	25
Nature Valley Oat and Honey cereal bar	5
Nectarine	18
Noodles	28
Noodle soup, chicken	30
Nuggets, chicken	31
Nut spread	23
Nutri-Grain bar	5
Nuts	14

O	
Oat Flakes cereal	8
Oatcake	5
Oatibix cereal	8
Oats, rolled	9, 20
Oatso Simple cereal	9
Olives	14
Onion bhaji	32
Orange	18
Orange squash	16
Orange juice	19
Oriental foods	32

P

Pain au chocolate	7
Pain au raisin	7
Pancake	10, 32
Panini	6
Paratha	7
Parsnip	35
Pasta	26
Pastie, Cornish	24
Pastries	7, 11
Paw-paw	19
Peach fresh, tinned	18
Peanuts	14
Pear	18
Peas canned, frozen	35
Pecan crisp cereal	9
Penguin biscuit	5
Penne pasta	26
Pickle, sweet	30
Pies sweet, savoury	11, 24
Pilau rice	28, 32
Pimms	15
Pineapple fresh, juice	19
Pitta bread	7
Pizza	32
Pork pie	24
Popcorn plain, salt, sweet	14
Popcorn chicken, KFC	31
Poppadom	7, 32
Porridge	9
Port	15
Pot noodles	28
Potato boiled, mash, roast	34
Potato chips	31, 33, 34
Potato crisps	14, 35
Potato croquette	34
Potato salad	34
Potato smiles	34
Potato waffle	35
Potato wedges	34
Powerade Energy drink	17
Prawn crackers	32
Pretzels	14
Pringles	14
Profiteroles	10
Prunes	19, 20
Puddings	11, 25
Puffed Wheat	8

Q

Quarter pounder burger, McDonald's	31
Quiche lorraine	24
Quinoa	29

R

Raisins	14, 19, 20
Raisin Wheats	9

Raspberries	18
Ravioli tinned in sauce	27
Red Bull drink	17
Redcurrants	18
Refried beans	33
Relentless drink	17
Rice	28
Rice cake	5
Rice Egg Fried	32
Rice Krispies	8
Rice pudding	25
Rich tea biscuit	5
Risotto	28
Rock cake	10
Rolled oats	8, 20
Rolls bread	6
Rolo sweets	13
Rum	15
Rye bread	6

S

Samosa	32
Satsuma	18
Sauces	30
Sausage roll	24
Scampi	24, 33
Scone	10
Scotch egg	24
Scotch pancake	10
Seeds	14
Sherry	15
Shredded Wheat	8
Shreddies	9
Skittles	13
Slimline tonic water	16
Smoothies fruit, yoghurt	16, 19
Snickers	13
Sorbets	10
Soups	30
Soya milk	25
Spaghetti white, wholewheat	26
Special K	8
Sponge iced, jam	11
Sports drinks	17, 21
Spring roll Oriental foods	32
Sprite drink	16
Squash blackcurrant, orange drink	16
Starburst sweets	13
Start cereal	8
Steak and kidney pie	24
Sticky toffee pudding	11
Stout	15
Strawberries	18
Stuffing	24
Sugar	20, 21
Sultana Bran cereal	8
Sultanas	19, 20
Sushi	24, 32
Sweet chilli sauce	30
Sweet pickle	30

Sweet potato	34
Sweetcorn	35
Sweets	12, 13
Swiss roll	11
Syrup golden, maple	20, 23

T

Taco shell	33
Teacake	10
Thin Italian	32
Tia Maria	15
Tikka Masala	32
Toffee assortment	12
Toffee crisp	12
Tomato juice	19
Tomato soup	30
Tonic water	16
Tortellini	27
Tortilla wrap	7, 33
Tortilla Chips	14
Tracker cereal bar	5
Treacle	20
Trebor mints	13
Trifle	11
Twiglets	14
Twix	12
Turkish Delight	13

V

Vanilla ice cream	10
-------------------	----

Vegetable soup	30
Vegetables	36
Veggie bean burger, Burger King	31
Vermouth	15
Vindaloo dish	32

W

Waffle Belgian	6
Waffle potato	35
Water biscuit	5
Watermelon	18
Weetabix	8
Weetos	8
Whisky	15
White bread	6
White flour	20
Wholemeal bread	6
Wholemeal flour	20
Wholemeal Whopper Burger King	31
Wine gums	12, 13, 21
Wine	15
WKD drink	15
Wraps	7

Y

Yoghurt	25
Yogurt smoothie	16
Yorkie	13
Yorkshire pudding	24