

CARBOHYDRATE COUNTING LIST

INTRODUCTION

This list will help you to work out the carbohydrate value of foods you like to eat so you can match this with the correct insulin dose.

Carbohydrate (CHO) values in this list have been rounded up or down to the nearest 5 or 10grams of carbohydrate to simplify the calculation. Alternatively, you may wish to use CPs (carbohydrate portions). 1 CP = 10g carbohydrate.

More accurate values can be found on packaging.

1 cup as described in this list refers to a standard metric 200ml cup

Other useful resources for carbohydrate counting are the food and calories counters available from all good book stores.

Two examples are the:



Collins Gem Calorie Counter
Published by Collins; ISBN: 0004589521
It lists a large amount of foods per 100g



Food and Diet Counter
Published by Hamlyn; ISBN: 0600607097
It lists a large amount of foods including takeaways by average portion

The internet is also a good place to look for the carbohydrate contents of takeaway / restaurant foods e.g.

www.pizzahut.co.uk

www.dominos.co.uk

www.pizzaexpress.co.uk

www.kfc.co.uk

www.nandos.co.uk

www.burgerking.co.uk

www.mcdonalds.co.uk

to name just a few...

Please make sure you are looking at nutritional information pertaining to the UK and not elsewhere in the world as the composition of food and standard portions sizes can be different from country to country.

Carbohydrate List

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Food Group - Potatoes	CHO grams	CPs 1 CP = 10g CHO
Raw potato (per 100g)	15	1½
Jacket/baked (cooked with skin)		
Small (100g)	30	3
Medium (180g)	55	5½
Large (330g)	100	10
Roast potato (40g) 1 small	10	1
Roast potato (100g)	25	2½
Boiled potato (100g)	15	1½
Boiled potato (60g, 1 egg size)	10	1
Fries (10 thin cut, 25g)	10	1
Chips (100g)	30	3
Chips (4 medium cut, 25g)	10	1
Crisps / Savoury snacks (1 bag) – Savoury snacks	10-30	1-3
Croquette (2 ready prepared)	10	1
French Fries (regular from takeaway)	35	3½
Mashed potato (100g)	15	1½
Mashed Potato (1 scoop or 1 tablespoon)	10	1
Microchips (1 box)	30	3
Plantain (200g,1 finger)	60	6
Popcorn, savoury (100g)	50	5
Potato Waffle (1 frozen)	10	1
Potato Wedges (2 large)	10	1
Yam, raw (100g)	30	3
Sweet Potato (raw)(100g)	20	2
Food Group - Pasta / Rice	CHO grams	CPs 1 CP = 10g CHO
Cannelloni (2 tubes uncooked)	10	1
Couscous (100g uncooked)	70	7
Macaroni Cheese (200g small tin)	25	2½
Noodles (1 serving) 100g dried weight	70	7
Pasta, cooked (100g, 1 cup)	20	2
Pasta, uncooked (100g)	70	7
Pot noodle/rice per pot	40-50	4-5
Ravioli, tinned (200g small tin)	30	3
Lasagne sheet (uncooked)	10	1
Ready made lasagne (1 portion)	40	4
Rice, Cooked (100g, 1 ½ cup)	30	3
Rice, Uncooked (100g)	80	8
Rice uncooked (75g, 1/3 cup)	60	6
Spaghetti, tinned (200g, small tin)	30	3
Filled Tortellini fresh (½ packet)	75	7½

Food Group - Pies / Pastries / Pizza	CHO grams	CPs 1 CP = 10g CHO
Cornish Pasty	40-50	4-5
Findus Crispy Pancake	15	1½
Pizza (large thin)	120	12
12" (large thick)	160	16
Pizza (medium thin)	70	7
9" (medium thick)	100	10
Pizza (small thin)	50	5
7" (small thick)	80	8
Pork Pie (small)	20	2
Quiche (100g, ¼ of a 12" base)	20	2
Spring Roll	10	1
Sausage Roll, party size(2)	10	1
Sausage roll (medium, approx 6 ")	30	3
Steak & Kidney Pie (individual)	40	4
Food Group - Main Meal Accompaniments	CHO grams	CPs 1 CP = 10g CHO
Dumpling (1 small)	20	2
Garlic Bread (9" baguette)	90	9
Tortilla (7 inches)	20	2
Yorkshire Pudding (2 small)	10	1
Yorkshire Pudding (giant)	30	3
Baked Beans (1 small tin)	10	1
Food Group - Soups & Sauces	CHO grams	CPs 1 CP = 10g CHO
Soup 1 Medium Tin Clear	10	1
Vegetable	20	2
Pasta / Potato	30	3
Soup Packet "Cup-a-Soup"	5	5
Sweet and sour sauce (Jar/tin)	60-90	6-9

Food Group - Biscuits / Crackers / Savoury Snacks	CHO grams	CPs 1 CP = 10g CHO
Bourbon (1)	10	1
Cereal Bar : Harvest / Tracker Jordan / Frusli	15-20 20	1½-2 2
Chocolate Coated Digestive	15	1½
Cream Crackers (2)	10	1
Crisp breads e.g. Ryvita (2)	10	1
Custard Cream (1)	10	1
Digestive / Hobnob (1)	10	1
Fig Roll (1)	10	1
Flapjack (90g)	50	5
Ginger Snap (1)	10	1
Jaffa Cakes (1)	10	1
Kit Kat (2 fingers)	15	1½
Malted Milk (2)	10	1
Nutrigrain	30	3
Oatcakes (2)	15	1½
Penguin	15	1½
Rich Tea (2)	10	1
Ritz (2)	10	1
Shortbread (1)	10	1
Snowball	10	1
TUC Sandwich (2)	10	1
TUC Plain (3)	10	1
Wagon Wheel	20	2
Wafer Bix (2 large) (4 small)	10 10	1 1
Food Group - Cakes	CHO grams	CPs 1 CP = 10g CHO
Cake Slice (Mr Kipling type)	20	2
Chelsea Bun	40	4
Currant Bun	30	3
Danish Pastries	40-50	4-5
Doughnut (jam filled)	40	4
Eccles Cake	30	3
Frozen Chocolate Éclair	10	1
Fruit Cake (60g) (individual wrap)	35	3½
Fruit Pie (individual)	30	3
Jam Tart (individual)	20	2
Madeira (thin slice)	20	2
Malt Loaf (1 thin slice)	15	1½
Mini Chocolate Roll	15	1½
Muffin (sweet)	40	4
Rock Cake (80g)	50	5
Scone	30	3
Scotch pancake (one)	15	1½
Teacake (small)	20	2
Teacake (large)	30	3
Vanilla Slice	30	3

Food Group - Puddings	Carbohydrate grams	CPs 1 CP = 10g CHO
Angel Delight (¼ packet with milk)	15	1½
Cheese cake (slice)	40	4
Christmas Pudding (individual)	50	5
Crepes (side plate size x2)	15	1½
Crunch Corner Yoghurt	30	3
Custard (¼ pint)	20	2
Lemon meringue pie	30	3
Meringue Nest	15	1½
Milk pudding (small tin 300g)	30	3
Non S/Free Jelly (small serving)	10	1
Potted dessert (trifle, mousse)	20	2
Tinned sponge pudding (½ tin)	70	7
Treacle Tart (⅙)	50	5
Food Group - Ice Cream	Carbohydrate grams	CPs 1 CP = 10g CHO
Arctic Roll slice	10	1
Choc Ice	10	1
Cornetto	20	2
Feast	20	2
Fruit lolly	10	1
Ice cream/Sorbet (1 Scoop)	10	1
Ice creams (Solero)	20	2
Magnum	30	3
Mars Bar	30	3
Mivi (strawberry)	20	2
Vienetta slice	10	1
Food Group - Fruit	Carbohydrate grams	CPs 1 CP = 10g CHO
Apple (1 average size 100g)	10	1
Apricots (3 dried)	10	1
Banana	20	2
Banana, with skin (100g)	25	2½
Fruit cocktail, tinned in juice (100g)	10	1
Grapes (100g)	15	1½
Grapes (65g, small bunch)	10	1
Juice (fresh fruit) 100ml	10	1
Kiwi Fruit	10	1
Mango (100g)	15	1½
Melon (100g)	15	1½
Nectarine or peach, fresh or tinned in juice (100g)	10	1
Orange, average	10	1
Orange , weighed with skin (100g)	5	½
Pear, fresh or tinned in juice (100g)	10	1
Pineapple (1 slice tinned)	5	½
Pineapple fresh or tinned in juice (100g)	10	1
Plums (4)	10	1
Plums (100g)	10	1

Food Group - Takeaways	Carbohydrate grams	CPs 1 CP = 10g CHO
Pizza (see page 4)		
Chinese (average serving)	Carbohydrate grams	CPs 1 CP = 10g CHO
Plain Boiled Rice (standard foil tray)	90	9
Fried Rice	80	8
Chow Mein	60-80	6-8
Indian	Carbohydrate grams	CPs 1 CP = 10g CHO
Rice	70-80	7-8
Poppadoms x 3	10	1
Samosa (large)	20	2
Bhaji (large)	10	1
Chapati (small)	15	1½
Chapati (medium)	25	2½
Chapati (large)	50	5
Naan Bread	90	9
Fish & Chips	Carbohydrate grams	CPs 1 CP = 10g CHO
Fish in Batter	20	2
Chips (large portion)	80-100	8-10
Chips (small portion/cone)	40	4
Burger Bar	Carbohydrate grams	CPs 1 CP = 10g CHO
Plain Burger and Bun	20	2
Fries (regular)	35	3½
Fries (large)	50	5
Milkshake	60	6

Conversion Chart Weights & Measures

<i>Imperial</i>	<i>Metric</i>
½ oz	15g
1 oz	30g
2 oz	55g
3 oz	85g
4 oz	110g
5 oz	140g
6 oz	170g
7 oz	195g
8 oz (½ lb)	225g
12 oz (¾ lb)	335g
16 oz (1 lb)	455g
1 teaspoon	5ml
1 tablespoon	15ml
5 fl oz (¼ pint)	150ml
10 fl oz (½ pint)	300ml
15 fl oz (¾ pint)	450ml
20 fl oz (1 pint)	600ml

1 cup = 200ml standard metric cup