

Nutrition and Dietetics

Carbohydrate Counting

The type and amount of food you eat will determine how high and how fast your blood glucose rises.

Carbohydrate in food affects your blood glucose the most.

- Carbohydrate counting means calculating / estimating the amount of carbohydrate you are eating.
- Accurate carbohydrate counting is the corner stone of safe and accurate insulin adjustment.
- The amount of insulin you need per 10g of carbohydrate will vary between individuals (this is known as your insulin to carbohydrate ratio) – ask your Diabetes Dietitian, Specialist Nurse or Consultant.
- More information is available from food labels. Remember, this should be the total carbohydrate content including both starches and sugars (see p.13).
- It is not an exact science! Rounding up or down to the nearest 5g is acceptable.

To help you work out when and where changes are needed, you will need to keep a record of the foods you eat, your blood glucose levels and units of insulin taken. Knowing the carbohydrate content of the food and drinks you consume will enable you to calculate the amount of insulin you need to achieve better blood glucose levels.

Dietitian: _____

Breads

Food Item	Typical Portion Size	Carbohydrate Per Portion (g)
White bread / wholemeal	1 thick slice (large loaf – 45g) 1 medium slice (large loaf – 35g) 1 thin slice (small loaf – 25g)	20 15 10
Nimble	1 slice (20g)	10
Granary bread	1 medium slice (35g)	25
Wholemeal / white bread cake	6" diameter (112g)	55
Wholemeal / white soft roll	1 (48g)	25
White finger roll	1 (20g)	10
French stick / Ciabatta / Panini	1" slice (20g)	10
Bread muffin	1 toasted (70g)	35
Crumpet	1 toasted (40g)	20
Rye bread	1 average slice (25g)	10
Bagel	1 bagel (70g)	40
Pitta bread	1 standard (75g)	40
Croissant	1 standard (60g)	25
Burger roll	1 (50g)	25
Naan bread	1 small plain (60g)	30
Naan bread	1 large plain (160g)	80
Tortillas (wheat)	8" diameter	30
Chapatti	1 large (75g)	40
Potato cake	Each (small – medium)	15-25

Breakfast Cereals

Food Item	Typical Portion Size	Carbohydrate Per Portion (g)
All Bran	4 tbsp (40g)	20
Bran Flakes	5 tbsp (40g)	30
Cheerios	6 tbsp (30g)	25
Coco Pops	8 tbsp (30g)	30
Cornflakes	5 tbsp (30g)	25
Fruit 'n' Fibre	5 tbsp (40g)	25
Frosties	5 tbsp (40g)	40
Muesli (no added sugar)	3 tbsp (50g)	35
Oatso Simple (made with milk)	1 sachet	25
Puffed Wheat	6 tbsp (30g)	15
Rice Krispies	7 tbsp (30g)	30
Porridge oats, dry	1 tbsp (15g) 4 tbsp / 60g	10 40
Weetaflakes	4 tbsp (25g)	20
Weetabix	1 biscuit (19g)	12
Shredded Wheat	1 biscuit (22g)	15
Shreddies	5 tbsp (45g)	30
Special K	5 tbsp (35g)	30

Rice, Pasta and Grains

Food Item	Typical Portion Size	Carbohydrate Per Portion (g)
Cooked rice - all types	1 heaped tbsp (30g)	10
	100g	30
Instant / precooked rice	1 packet (250g)	70
Uncooked rice - all types	100g	85
Cooked dried pasta - all types	1 tbsp (30g)	10
	100g	30
Uncooked dried pasta - all types	100g	70
Uncooked fresh pasta	100g	55
Ready meal lasagne	Individual (290g)	45
Uncooked dried lasagne	1 sheet (14g)	10
Uncooked Polenta	100g	80
Uncooked Quinoa	100g	65
Uncooked Cous cous	100g	70
1 layer egg noodles	70g	50
Pasta in sauce (packet)	½ packet made up	50
Tinned spaghetti/ravioli	Small tin (215g)	25
Macaroni cheese	Small tin (200g)	25
Dumpling	1 average (70g)	15
Yorkshire Pudding	Small individual (20g)	5
	1 giant (120g)	30
White / wholemeal flour	1 heaped tbsp (30g)	25

Dairy / Desserts

Food Item	Typical Portion Size	Carbohydrate Per Portion (g)
Milk	200mls (1/3 pint)	10
Soya milk (sweetened)	200mls (1/3 pint)	5
Yoghurt (low fat, natural)	1 pot (150g)	10
Yoghurt (low fat, low sugar)	1 pot (150g)	10
Soya yoghurt (sweetened)	1 pot	15
Custard (instant)	¼ packet	25
Custard made up with milk	140ml (¼ pint)	25
Custard (tinned)	½ large tin (210g)	35
Tapioca/ semolina/ sago (tinned)/ rice pudding	½ large tin (200g)	20-25
Vanilla ice-cream	1 scoop/briquette (60g)	10
	100g	20

Fruit

Food Item	Typical Portion Size	Carbohydrate Per Portion (g)
Fruit juice	100mls	10
Apple	1 medium (130g)	15
Apricots – fresh	3 (120g)	10
Apricots –dried	3 ready to eat (32g)	10
Banana (with skin)	1 small (97g) 1 medium (130g) 1 large (190g)	15 20 30
Clementine	1 small (80g)	5
Grapes	12 (60g) 100g	10 15
Kiwi	1 fruit (60g)	5
Mango	80g, (flesh only)	10
Melon	Honeydew / watermelon – 1 slice (200g) Cantaloupe – 1 slice (200g)	15 5
Nectarine	1 average (165g)	15
Orange	1 medium (115g)	5
Peach	1 medium (110g flesh)	10
Pear	1 medium (195g)	20
Pineapple - fresh	1 slice (80g)	10
Tinned pineapple in juice	1 ring/6 chunks (40g)	5
Plums	1 average (110g)	10
Prunes	3 dried (30g)	10
Raspberries	30 (120g)	5
Raisins/currants/sultanas	1 tbsp (30g)	20
Satsumas	1 medium (85g)	5
Strawberries	5 medium (60g)	5

Potatoes and other starchy vegetables

Food Item	Typical Portion Size	Carbohydrate Per Portion (g)
Potato (raw / cooked / roast)	60g	10
Jacket potato with skin (oven baked)	1 small (100g) 1 medium (180g) 1 large (220g)	20 40 50
Chips	100g	30
Mashed potatoes	1 scoop (60g)	10
Sweet potato raw	100g	20
Potato croquette	1 (90g)	20
Potato waffle	1 (45g)	10
Cassava (raw)	100g	40
Yam boiled	Size of medium potato (130g)	45
Plantain boiled or fried	100g	30

Note: other vegetables / pulses contain very small quantities of carbohydrate and are very slowly digested and therefore it is not advised to count them.

Meat / Fish Products

Food Item	Typical Portion Size	Carbohydrate Per Portion (g)
Steak and kidney pie	1 individual (160g)	40
Cornish pasty	1 large (260g)	65
Sausage roll	Medium (60g)	20
Pizza deep pan	7 inch (230g) 9 inch (410g) 12 inch (700g)	80 145 245
Pizza thin crust	7 inch (120g) 9 inch (260g) 12 inch (560g)	40 90 190
Breaded fish	1 x fillet (156g)	30
Battered fish	1x portion (265g)	40
Fishcake	1 (90g)	20
Fish fingers	3 (60g)	10
Breaded chicken / chicken Kiev	1 individual (170g)	15
Stuffing	1 tbsp (30g)	5

Biscuits, Crackers and Cereal Bars

Food Item	Typical Portion Size	Carbohydrate Per Portion (g)
Bourbon cream	1 (12g)	10
Custard cream	1 (11g)	10
Rich Tea	2 (12g)	10
Digestive biscuit	1 (13g)	10
Chocolate digestive	1 (18g)	10
Fig roll	1 (12g)	10
Garibaldi biscuits	2 (20g)	10
Ginger biscuit	1 (10g)	10
Hob nob	1 (13g)	10
Cream crackers	2 crackers (14g)	10
Crispbread (rye)	2 crispbread (20g)	15
Ryvita	2 (18g)	10
Full chocolate coated	1 biscuit e.g. Penguin (25g)	15
Jaffa cake	1 (10g)	10
Flap Jack	1 large (90g)	55
Muesli bar – Jordan's	Each	15
Frusli bar	1 (30g)	20
Nutrigrain bar	1 (37g)	25
Rice cakes	Each (12g) check	5
Oatcakes	2 (24g)	10

Buns and Cakes

Food Item	Typical Portion Size	Carbohydrate Per Portion (g)
Danish pastry	1 medium (110g)	55
Doughnut (jam)	1 (75g)	35
Madeira cake	1 slice (40g)	25
Malt loaf	1 slice (35g)	25
Banana loaf	1 slice (85g)	45
Scone	48g	25
Teacake (toasted)	1 (55g)	30

Sugar and Preserves

Food Item	Typical Portion Size	Carbohydrate Per Portion (g)
Sugar	1 level tsp (6g)	5
	1 heaped tbsp (25g)	25
Jam / marmalade	1 level tbsp	10
Honey /syrup	1 level tsp	10

Takeaway Food

Food Item	Typical Portion Size	Carbohydrate Per Portion (g)
Burger king / McDonalds / KFC / Pizza hut / Nandos please see websites		
French fries	Small medium large	30 40 60
Cheese burger	1	30
Fish and Chips		
Fish in batter	Medium (180g)	20
Chips	Large portion	75
Indian		
Poppadum	1	5
Samosa	1 medium (70g)	15
Naan bread	1 large (160g)	80
Onion bhaji	3 (145g)	30
Fried / pilau rice	1 tray (300g)	75
Chinese		
Chow mein	1 portion (350g)	45
Spring roll	Takeaway size	25
Prawn toast	Per quarter	5

Snacks

Crisps – multipack	1 small packet (25g)	15
Twiglets	25g packet	15
Individual pack crisps	34g bag	20
Snackajacks (savoury)	Individual bag	25
Pretzels	50g bag	35

Snacks Containing 10g of carbohydrate

2 Kiwi Fruit	10
2 Slice Mango (40g)	10
2 Pineapple rings	10
10 Strawberries	10
1 Small Apple	10
3 Raw Apricots	10
1 Nectarine/Peach	10
1 Pear	10
2 Plums	10
Small glass fruit juice (100ml)	10
Milk (200ml)	10
Cheese and Biscuits (2 cream crackers)	10
2 Handfuls of plain Popcorn	10
Some Crisps e.g. Quavers, Wotsits, 12 Pringles	10
2 Large Rice Cake	10
2 Oatcakes	10
4 TUC biscuit	10
1 bag of mini Cheddars	10
1 Finger of Kit-Kat	10
2 Malted Milk	10
3 Chocolate Fingers	10
2 Marshmallows	10
1 bag of fun sized Maltesers	10

Alcohol

Alcohol can cause a delayed hypo. Speak with your dietitian regarding how to handle insulin and alcohol. Alcohol contains carbohydrate, but it also has a lowering effect on blood glucose.

Calculating Labels

Look at the total carbohydrate amount (not just sugars or starches). There will always be a total carbohydrate amount per 100g, and may be an amount per portion. If there is only a 100g amount, work out how much of the food you will eat:

Look at the weight of the pack e.g. 400g. If you eat the whole pack, the carbohydrate content will be 4 x total carbohydrate figure. If you eat half the pack (200g), the carbohydrate content will be 2 x total carbohydrate figure.

Information on additional foods is available from: 'Carbs and cals' www.carbsandcals.com or 'Collins Gem Calorie Counter' (includes carbohydrate) or www.myfitnesspal.com

Weight Conversions:

1oz	=	28g
2oz	=	57g
3oz	=	85g
4oz	=	113g
5oz	=	142g

Liquid Measures (1ml = 1g):

¼ pint	=	142mls
½ pint	=	284mls
¾ pint	=	426mls
1 pint	=	568mls

If you have any comments about this leaflet or the service you have received you can contact :

Diabetes Centre, Calderdale Royal Hospital

Telephone No: 01422 222033

cah-tr.diabetesdietitians@nhs.net

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"