

Carbohydrate counting in grams

Please note: Carb amounts vary slightly from one reference to another. Carb counting is not an exact science. The carb amounts described are an approximate amount.

Breads and cereals



1 slice bread



1 crumpet



1 bagel



1 sandwich



1 bread roll



1 English muffin



1 cup flaky cereal



$\frac{3}{4}$ cup flaky cereal with fruit



$\frac{1}{2}$ cup muesli



$\frac{1}{4}$ cup raw oats



$\frac{3}{4}$ cup oats cooked in water



1 wheat biscuit

Pasta, noodles, rice and grains



1 cup cooked pasta



1 cup cooked quinoa



1 cup cooked rice



1 cup cooked couscous

Dairy

1 cup (250ml) regular,
lite or soy milk1 tub (200g) natural/
diet yoghurt

1 tub (200g) fruit yoghurt

Fruit



1 medium apple



1 medium orange



1 medium pear



1 small banana



2 kiwi fruit



2 mandarins

2 small peaches
or nectarines

1/2 medium mango



15 grapes

2 thick slices
of watermelon

1 tablespoon sultanas



150ml fruit juice

Starchy vegetables and legumes



1 medium potato (150g)



100g sweet potato



1/2 cup mashed potato



1 medium corn cob



1/2 cup corn kernels



3/4 cup cooked lentils



1/2 cup baked beans



1/2 cup cooked kidney beans

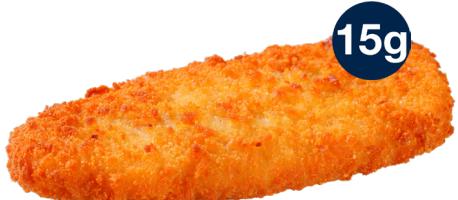


1/2 cup cooked chickpeas

Crumbed meat and fish



Medium crumbed schnitzel



Frozen fish fillet



Medium battered fish



6 chicken nuggets

Fast food



Burger, standard bread roll



Burger, large bread roll



Large sausage roll



Party-size sausage roll



Meat pie



Large fries



Medium fries



Small fries



Thin pizza slice



Thick pizza slice



Sushi lunch roll



2 sushi pieces

Biscuits, cakes and popcorn



Sweet muffin, small



Sweet muffin, large



3 cups popcorn

Biscuits, cakes and popcorn



10 rice crackers



3 rice or corn thins



4 medium wheat crackers



6 small crackers



2-3 plain sweet biscuits



1 chocolate biscuit

Sugar, spreads and sauces

1 level
tablespoon jam4 level teaspoons or
1 tablespoon sugar4 heaped teaspoons
chocolate drinking powder1 level tablespoon BBQ
or sweet chili sauce

Confectionary, snack foods and drinks



4 squares milk chocolate



1 cup (30g) potato crisps



375ml can soft drink

Diabetes Victoria provided images for this resource.