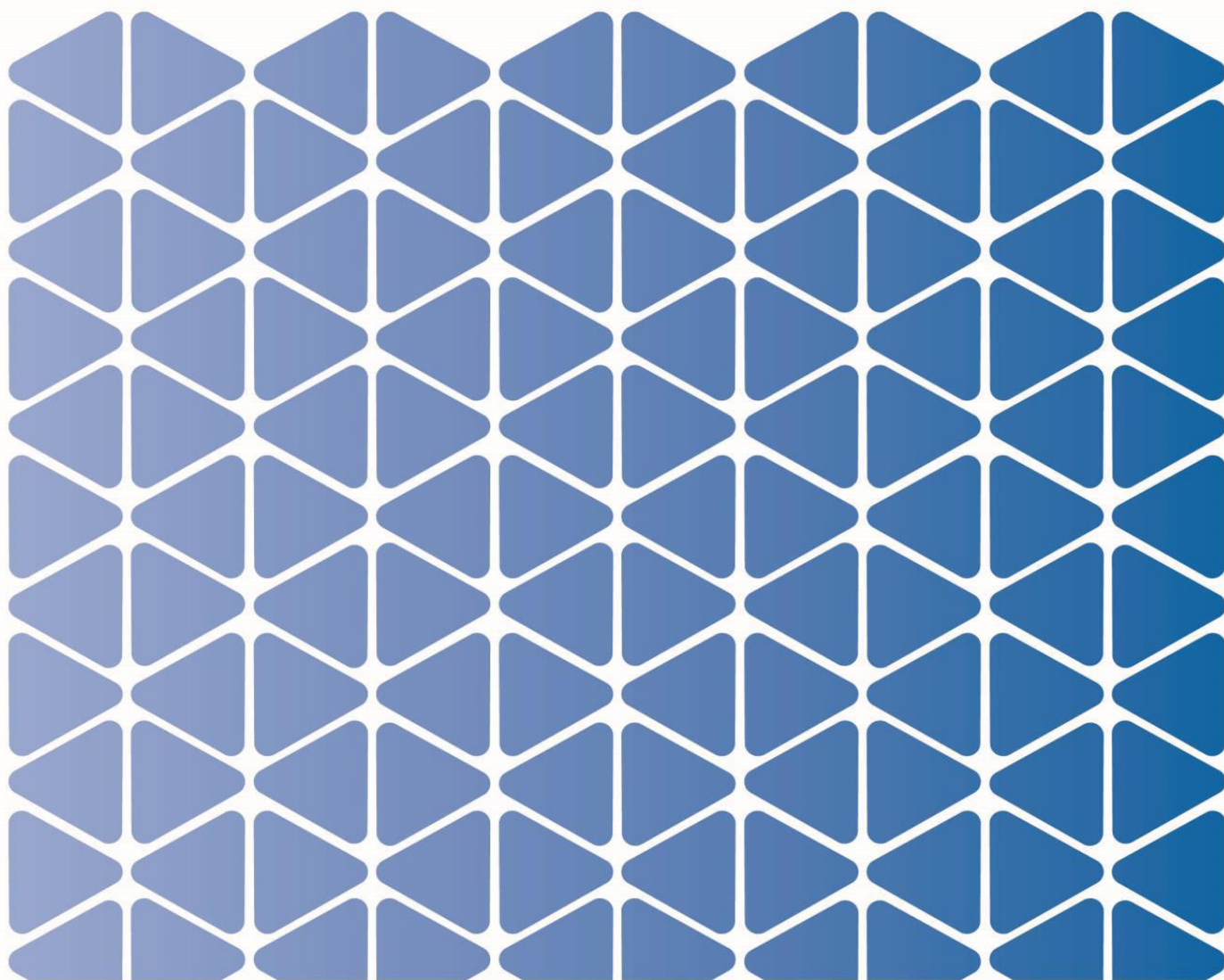


PATIENT INFORMATION

# CARBOHYDRATE COUNTING REFERENCE TABLES



The enclosed tables list the carbohydrate content of usual foods. You can use these to calculate the carbohydrate content of meals and snacks you eat. You can then alter your insulin doses accordingly.

The list shows the amount (grams) of carbohydrate in a typical serving although this can vary depending on your portion size. Compare this with your serving and multiply or divide the value accordingly.

It also includes the average carbohydrate value per 100g (Reference Value). You can use this information when calculating the carbohydrate value of a weighed food portion e.g. cooked rice.

**Example:**

Cooked rice has 30g carbohydrate per 100g

$30 \div 100 = 0.3$  (this is the amount of carbohydrate in 1g)

Weigh your portion e.g. 200g

$0.3 \times 200\text{g} = 60\text{g}$  of carbohydrate in your portion

A selection of brand foods is also shown. Values can differ between products.

More information is available from food labels, remember this should be the **TOTAL** carbohydrate content including both starches and sugars.

Note: On the table headings CHO = Carbohydrates

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### **Weight Conversions (approximately):**

$\frac{1}{2}\text{oz} = 15\text{g}$   
 $1\text{oz} = 25\text{g}$   
 $2\text{oz} = 50\text{g}$   
 $3\text{oz} = 75\text{g}$   
 $4\text{oz} = 100\text{g}$   
 $8\text{oz} (\frac{1}{2}\text{lb}) = 225\text{g}$   
 $16\text{oz} (1\text{lb}) = 450\text{g}$

$1 \text{ teaspoon} = 5\text{ml}$   
 $1 \text{ tablespoon} = 15\text{ml}$

Liquid measures (1ml = 1g)

$5 \text{ fl oz} (\frac{1}{4} \text{ pint}) = 150\text{mls}$   
 $10 \text{ fl oz} (\frac{1}{2} \text{ pint}) = 285\text{mls}$   
 $15 \text{ fl oz} (\frac{3}{4} \text{ pint}) = 425\text{mls}$   
 $20 \text{ fl oz} (1 \text{ pint}) = 550\text{mls}$

## BREADS

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion/ CHO
White bread	1 thick slice (large loaf)	20	50	
	1 medium slice (large loaf)	15	50	
	1 thin slice (small loaf)	10	50	
Wholemeal bread	1 thick slice (large loaf)	20	42	
	1 medium slice (large loaf)	15	42	
	1 thin slice (small loaf)	10	42	
Wholemeal Bap	1	20	50	
White Bap	1	30	52	
White Finger Roll	1	20	52	
French Stick	1" slice	10	55	
Crusty White Roll	1	25	58	
Granary Bread	1 medium slice (35g)	15	46	
Bread Muffin	1 toasted (68g)	27	40	
Crumpet	1 toasted (40g)	17	43	
Rye Bread	1 average slice (25g)	10	42	
Bagel	1 Bagel (70g)	40	60	
Pitta Bread	1 standard	30	58	
Croissant	1	20	38	
Burger Roll	1	25	50	
Waffle	1 waffle (45g)	15	30	
Naan Bread	Large	75	50	
Tortillas (wheat)	Medium (40g)	25	60	
Chapatti	6" diameter (medium)	25	50	
Crackerbread	2 slices	8	80	

# BREAKFAST CEREALS

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion /CHO
All Bran	6 tbsp	20	43	
Bran Flakes	7 tbsp	30	70	
Cocoa Pops	8 tbsp	30	94	
Cornflakes	7 tbsp	35	85	
Fruit' n Fibre	6 tbsp	30	73	
Frosties	7 tbsp	25	95	
Sugar Free Muesli	2 tbsp	20	67	
Puffed Wheat	6 tbsp	12	67	
Ready Brek	40g	30	69	
Rice Krispies	7 tbsp	25	84	
Rolled Oats	1 oz (25g)	15	62	
Porridge with Milk	200g	30	14	
Weetabix	1 Biscuit	10	76	
Shredded Wheat	1 Biscuit	15	68	
Shreddies	5 tbsp	30	74	
Special K	6 tbsp	20	82	

## BISCUITS

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion/ CHO
Plain e.g. Rich Tea	2 biscuits	10	75	
Digestive Biscuit	1 biscuit	10	66	
Garibaldi Biscuits	2 biscuits	10	70	
Ginger Biscuits	2 biscuits	10	80	
Plain Crackers	2 cream crackers	10	68	
Crispbread (Rye)	2 crisp bread	15	70	
Full Chocolate Coated	1 biscuit e.g. Penguin	15	67	
Jaffa Cake	2	15	68	
Flap Jack	1 Square (60g)	35	60	
Muesli Bar - Jordan's	1	15	56	
Fruesli Bar	1	21	64	

## BUNS & CAKES

Food Item	Typical Portion (g)	CHO Per Portion	CHO Per 100g	Individual Portion/ CHO
Almond Slice	35	20	60	
American Muffins	72	35	49	
Mini Muffins - Chocolate	28	14	49	
Apple Strudel	115	41	36	
Apple Turnover	100	78	78	
Bakewell Tart (Individual)	43	27	64	
Black Forest Cake (Gateau)	90	32	36	
Chelsea Bun	78	44	56	

# BUNS & CAKES CONTINUED

Food Item	Typical Portion (g)	CHO Per Portion	CHO Per 100g	Individual Portion/ CHO
Cherry Fruit Cake	42	25	60	
Chocolate Cake (butter icing)	65	38	58	
Cupcakes (iced)	41	18	44	
Cream Filled Choux Bun	95	27	29	
Cream Horn	60	15	26	
Chocolate Éclair	90	27	31	
Currant Bun	60	30	50	
Custard Tart (Individual)	94	30	32	
Custard Slice	108	41	38	
Danish pastry (medium)	110	56	51	
Doughnut	60	28	47	
Flapjack (medium)	60	36	60	
Fruit Cake (plain)	90	52	58	
Fruit Cake with Icing	70	44	63	
Gateau Slice	85	37	43	
Iced Bun	35	21	59	
Madeira Cake	40	23	58	
Malt Loaf (slice)	35	20	57	
Mince Pies	55	30	55	
Meringue Nest (small)	15	14	93	
Rock Cake	45	26	58	
Scone (Fruit)	48	25	53	
Sponge	60	31	52	
Swiss Roll	30	17	58	
Teacake (Fresh)	60	31	52	

# CONFECTIONERY

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion/ CHO
Aero Bar	48g	26	55	
Bounty	57g twin pack	32	56	
Chocolate Buttons	65g packet	37	57	
Caramel Bar	50g	32	64	
Caramel Egg	40g	23	58	
Chocolate Éclair	9g each	7	75	
Chocolate Peanuts	227g packet	73	32	
CHOMP	26g	12	68	
Crunchie	42g bar	28	68	
Curly Wurly	29g	19	64	
Dairy Milk Bar	43g (vending)	19	57	
Dolly Mix	56g bag	50	90	
Flake	34g bar	19	56	
Flake in 99 icecream	9g	5	56	
Galaxy	47g bar	28	60	
KitKat	49g (4 fingers)	29	60	
Lion Bar	53g	36	67	
Maltesers	37g bag	23	61	
Mars	65g bar	45	70	
Marshmallows	5g each	4	83	
Milky Bar	13g	7	56	
Milky way	26g bar	19	72	
Mints - Extra	46g tube	45	98	



# CONFECTIONERY CONTINUED

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion/ CHO
M & Ms - Plain	45g packet	31	68	
Picnic	49g bar	28	59	
Quality Street	8g each	5	66	
Rolo	58g tube	36	63	
Skittles	60g packet	55	92	
Snickers	61g bar	33	54	
Toffee Crisp	48g bar	29	61	
Time Out	40g bar	22	55	
Turkish Delight (fry's)	51g bar	40	78	
Twirl	44g bar	24	56	
Twix	28g per finger	18	63	
Wine Gums	45g tube	34	75	
	4g each	3	75	
Wispa	39g bar	21	54	
Yorkie	66g bar	39	59	



# DAIRY/ DESSERTS

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion/ CHO
Fresh Milk: Skimmed & Full Cream	200mls (1/3rd pint)	10	5	
Evaporated Milk	90mls	7	8	
Dried Skimmed Milk	2 tbsp	10	53	
Natural Yogurt	125g	10	7	
Low Fat Yogurt	125g	17	14	
Diet Yogurt	125g	10	6	
Custard Powder	1 tbsp	10	92	
Custard Made Up	120g	20	17	
Tapioca (Raw)	-	-	95	
Sago (Raw)	-	-	94	
Milk Pudding	Average (150g)	20	14	
White Magnum	From Multi Pack	29	25	
Vanilla Cornetto	From multi pack	26	34	
Choc Ice	Individual (25g)	14	28	



# FRUIT

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion/ CHO
Apple Juice	160mls	20	12.5	
Eating Apple	Medium (120g)	15	12	
Stewed Apple	6 tbsp	10	8	
Apricots Fresh	4 whole	10	7	
Dried Apricots	4 ready to eat	10	37	
Banana (no skin)	1 medium (100g)	23	23	
Grapes	10 medium sized	12	15	
Grapefruit	Half	5	7	
Grapefruit Juice	160mls	13	8	
Kiwi	2	12	10	
Mango	1/3rd	10	14	
Melon	1 slice	10	6	
Nectarine	1 medium	10	9	
Orange	1 medium	10	8	
Orange Juice	160mls	16	10	
Paw-Paw	1/4	10	9	
Peach	1 medium	10	8	
Peaches (tinned in juice)	100g	10	10	
Pear	1 medium	10	10	
Pineapple	1 slice	10	10	
Pineapple (tinned in juice)	1 ring/ 6 chunks	5	12	
Dessert Plum	2	10	9	
Pomegranate	-	-	20	
Prunes (dried)	3 medium	10	34	
Raspberries	25	5	6	
Raisins	30g	20	70	
Satsumas	2	10	8	
Strawberries	10	5	5	



### HOME BAKING

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion/ CHO
Cornflour	1 tbsp	12	92	
White & Wholemeal flour	1oz (25g)	20	76	
Sugar	1oz (25g)	25	100	
Dried Fruit	1oz (25g)	14	70	
Oats	1oz (25g)	15	62	
Syrup/Honey	1oz (25g)	20	80	

### MEAT PRODUCTS

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion/ CHO
Steak & Kidney Pie	1 individual (160g)	40	25	
Yorkshire Pudding	1 average (80g)	20	25	
Sausage Roll	Medium (60g)	21	35	
Pork Pie	Individual (140g)	34	24	
Cornish Pastie	Medium	40-50	25	
Scotch Egg	Average (120g)	15	30	

## RICE, PASTA & GRAINS

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion / CHO
White Rice	1 tbsp (35g)	10	30	
White Rice (uncooked)	3oz (75g)	65	86	
Brown Rice	1 tbsp (35g)	10	32	
Basmati Rice	1 tbsp (35g)	10	30	
Fresh Egg Pasta	-	-	23 - 31	
White Pasta (cooked)	½ cup (50g)	11	22	
White Pasta (uncooked)	15g	11	74	
Egg Lasagne (dried)	1 sheet	10	68	
Wholemeal Pasta	20 strands (45g cooked)	10	23	
Tortellini (cooked)	180g	54	30	
Egg Noodles (dry)	68g	48	70	
Macaroni Cheese	300g	42	14	
Pot Noodle	1 pot	40-50	60	
Ravioli	200g small tin	20	10	
Couscous (cooked)	150g	77	51	



## SNACKS

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion / CHO
Crisps	1 small packet (25g)	15	60	
Peanuts	50g packet	5	10	
Raisins	30g	20	70	
Dried fruit & Nut	30g packet	10	38	
Popcorn (unpopped)	1 tbsp	10	50	
Popcorn (popped)	1 teacup (20g)	10	50	
Twiglets	25g packet	15	62	
Pringles	50g	25	47	
Tortilla Chips	50g	30	60	
Bombay Mix	30g bag	10	32	

## SUGAR & PRESERVES

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion / CHO
Sugar or Glucose	2 teaspoons	10	100	
Honey, Jam, or Syrup	2 teaspoons	10	70	
Glucose Tablets	3 tablets	10	90	
Lucozade	50mls / 2floz	10	20	
Fizzy drinks (not diet) e.g. cocoa cola	200mls / 8floz	20	10	
Lemonade (not diet)	200mls / 8floz	10	5	



## TAKEAWAY FOODS

Food Item	Typical Portion	CHO Per Portion
McDonald's: Thick shake	Regular Vanilla	66
McDonald's: Hamburger	Each	28
McDonald's: Cheeseburger	Each	28
McDonald's: Quarterpounder	Each	22
McDonald's: Chicken Nuggets	6 nuggets (100g)	17
Bacon & Egg McMuffin	Each	27
McDonald's: French Fries	Medium / Large	31 / 61
KFC: Chicken Original Recipe	Wing / Breast / Drumstick	5/ 16/ 4
KFC: Chicken Fillet Burger	Each	33
Pizza Hut - Thin & Crispy Pizza	1 slice medium pizza	27 - 30
Stuffed Crust Pizza	1 slice medium pizza	45 - 46
Pan Pizza	1 slice medium pizza	44 - 46
Burger King: French Fries	Small / Medium / Large	32 / 50 / 74
Chicken Tenders	4 pieces	9
B King: Whopper or Double Whopper	Plain or with Cheese	47
B King: Bacon Double Cheese or Hamburger/Cheeseburger	Basic burger with sauce	28
Indian - Poppadom	1 fried (13g)	5
Indian - Samosa	Medium (70g)	16
Indian - Naan	Large	75
Indian - Meat Tikka	Main Course (200g)	8
Indian - Vindaloo etc.	Main Course (350g)	13
Indian - Biryani	Meat & Rice (400g)	100

## TAKEAWAY FOODS CONTINUED

Food Item	Typical Portion	CHO Per Portion
Indian - Pilaw Rice	200g side platter	50 - 60
Indian / Chinese Boiled Rice	Takeaway rice portion (foil tray)	90 - 100
Mexican - Chilli con Carne	200g (meat & beans Only)	16
Mexican - Tortilla	Medium	25
Mexican - Taco shell	14g	12
Egg Fried Rice	270g (whole portion)	85
Sweet & Sour Pork	Average portion (300g)	30
Chow Mein	Average portion	60
Pancake Roll	Small (90g)	22
Prawn Crackers	70g	35
Chip Shop: Chips	S / M/ L (130/ 180/240g)	44/ 60/ 82
Scampi	Average portion (150g) in breadcrumbs	38
Chip Shop: Battered Cod	Medium (180g)	25
Doner Kebab	Small	30
Potato Waffle	40g	12
Sweet Waffle	65g	27







## VEGETABLES

Food Item	Typical Portion	CHO Per Portion	CHO Per 100g	Individual Portion/ CHO
Baked Beans	3 tbsp	15	15	
Red Kidney Beans (cooked)	3 tbsp	17	17	
Red Kidney Beans (tinned)	3 tbsp	17	17	
Chick Peas (cooked)	2 tbsp	12	18	
Chick Peas (tinned)	2 tbsp	11	16	
Lentils (cooked)	2 tbsp	15	18	
Mung Dahl (cooked)	2 tbsp	12	15	
Potatoes (old raw)	-	-	17	
Potatoes (old boiled)	1 average size (60g)	10	17	
New potatoes with skin, boiled	1 egg size	6	15	
Baked Potato with skin	1 medium (150g)	50	32	
Chips	5 medium cut (30g)	9	30	
Roast Potato	1 small (50g)	12	25	
Mashed Potatoes	1 scoop (60g)	10	15	
Sweet Potato	130g	26	20	
Potato Croquette	Fried (90g)	20	22	
Crisps	30g packet	15	50	
Peas	2 tbsp	6	10	
Sweetcorn (canned)	2 tbsp	15	25	

**ALCOHOLIC DRINKS**

Item	Typical Portion	CHO Per Portion	
Red Wine	150mls	Trace	
White Wine (Dry)	150ml	Trace	
White Wine (Medium)	150mls	Trace	
White Wine (Sweet)	150mls	5	<b>Insulin for the CHO in Alcoholic drinks should Only be given with Food.  If you do choose to Give extra insulin, only give half the dose required for the amount of CHO.</b>
Standard Beer	1 pint	10	
Standard Lager	1 pint	10	
Cider (dry)	1 pint	15	
Cider (sweet)	1 pint	25	
Cider (vintage)	1 pint	40	
Spirits	25mls	Trace	
Port	50mls	5	
Sherry (dry)	50mls	Trace	
Sherry (sweet)	50mls	5	
Vermouth (dry)	50mls	Trace	
Vermouth (sweet)	50mls	5	
AlcoPops	275ml bottles	15 - 30	
Liqueur e.g. cherry brandy	25mls	5	

**NON ALCOHOLIC DRINKS**

Item	Typical Portion	CHO Per Portion	Individual Portion/ CHO
Orange Juice (unsweetened)	160mls	16	
Apple Juice (unsweetened)	160mls	20	
Cola	160mls	17	
Cola (diet)	160mls	0	
Lemonade	160mls	9	
Lemonade (diet)	160mls	0	
Dry Ginger Ale	160ml	6	
Tonic Water	160ml	4	
J2O (Britvic)	275ml bottle	25 - 31	

## Resources

Nutritional information for menu options are available from:

- HARVESTER [www.harvester.co.uk](http://www.harvester.co.uk)
- JD WETHERSPOONS [www.jdwetherspoon.co.uk](http://www.jdwetherspoon.co.uk)
- MCDONALDS [www.mcdonalds.co.uk](http://www.mcdonalds.co.uk)
- PIZZAHUT [www.pizzahut.com](http://www.pizzahut.com)
- DOMINO'S [www.dominos.com](http://www.dominos.com)

Many supermarkets and restaurants produce nutrition information. Contact the places you go for more information.

Cookbooks containing carbohydrate information are available from Diabetes UK and some slimming clubs.

Pocket sized calorie/ carbohydrate counting guides are also available from most bookstores.

## Paediatric Diabetes Dietitian

Dorota Amador Bueno – tel 07832172228

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.