

Carbohydrate Counting

Reference Tables

This booklet is designed to provide information on the carbohydrate (CHO) content of common foods

This booklet was given to you by:

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Introduction

The following is a guide to the Carbohydrate (CHO) content of common foods. These can be used to calculate the CHO content of the meals and snacks that you eat.

The lists show the amount in grams of CHO in an average portion, and in 100g of that food. You can use this information to calculate the CHO content of a weighed food portion, e.g. cooked pasta.

A selection of brand foods is also shown. Values can differ between products. Remember to use food labels and make sure that you use the total CHO content, including both starches and sugars to calculate the CHO intake from that food,

e.g. a portion of cooked pasta weighs ~ 200g

Cooked white pasta has 22g carbohydrate per 100g.

This portion, therefore has 44g CHO (2 x 22g)

It is a good idea for you to keep the labels of foods that you usually eat, the CHO content of these foods can then be written into this booklet for reference in the future. The blank pages at the end of the booklet can be used for this purpose.

Weight Conversions:

½ oz	=	15g
1oz	=	25g
2oz	=	50g
3oz	=	75g
4oz	=	100g
5oz	=	150g
8oz (½ lb)	=	225g
16oz	=	450g
1 teaspoon	=	5ml
1 tablespoon	=	15ml

Liquid measures (1ml = 1g):

5 fl oz (¼ pint)	=	150mls
10 fl oz (½ pint)	=	275mls
15 fl oz (¾ pint)	=	425mls
20 fl oz (1 pint)	=	550mls

On the table headings, **CHO = Carbohydrate**

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Breads

FOOD ITEM	TYPICAL PORTION SIZE	CHO PER PORTION	CHO PER 100G
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
Chapati	6" diameter (medium)	25	74
Crackerbread	2 slices	8	80

Breakfast cereals

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION	CHO PER 100G
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	1oz (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
Start	6 tbsp	30	82

Biscuits

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION	CHO PER 100G
Plain e.g. Rich Tea	2 Biscuits	10	75
Digestive Biscuit	1 Biscuit	10	66
Garibaldi Biscuits	2 Biscuits	10	70
Ginger Biscuit	2 Biscuits	10	80
Plain Crackers	2 Crackers	10	68
Crispbread (rye)	2 Crispbread	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 - Jordans	1	15	56
Fruesli Bar	1	21	64

Buns and cakes

FOOD ITEM	TYPICAL INDIVIDUAL PORTION SIZE (G)	CHO PER PORTION	CHO PER 100G
Almond Slice	35	7	20
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

FOOD ITEM	TYPICAL PORTION (G)	CHO PER PORTION	CHO PER 100G
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 (med)	110	56	51
Doughnut	60	28	47
Flapjack (med)	60	36	60
Fruit cake (plain) – slice	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	21	39
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)	60g	31	52
Cherry Fruit Cake	42	25	60

Confectionery

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION	CHO PER 100G
Aero Bar	48g	26	55
Bounty	57g twin pack	32	56
Chocolate Buttons	65g packet	37	57
Caramel Bar	50g bar	32	64
Caramel Egg	40g	23	58
Chocolate éclair	9g each	7	75
Chocolate Peanuts	227g packet	73	32
CHOMP	26g bar	12	68
Crunchie	42g bar	28	68
Curly Wurly	29g	19	64
Dairy Milk	43g vending	19	57
Dolly Mix	56g bag	50	90
Flake	34g bar	19	56
	9g, In 99	5	
Galaxy	47g bar	28	60
Kit Kat	49g per 4 fingers	29	59.4
Lion	53g bar	36	67
Maltesers	37g bag	23	61.4
Mars	65g bar	45	70
Marshmallows	5g each	4	83
Milky Bar	13g bar	7	56
Milky Way	26g bar	19	72
Mints – Extra	46g tube	45	98

FOOD ITEM	TYPICAL PORTION SIZE	CHO PER PORTION	CHO PER 100G
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	54.1
Toffee Crisp	48g bar	29	61
Time Out	40g bar	22	55
Frys Turkish Delight	51g bar	40	78
Twirl	44g bar	24	56
Twix	28g each finger	18	63.5
Wine Gums	45g tube	34	75
Wine Gums	4g each	3	75
Wispa	39g bar	21	53.8
Yorkie	66g bar	39	59

Diary and Desserts

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION	CHO PER 100G
Fresh: Skimmed and Full Cream	200mls ($\frac{1}{3}$ pint)	10	5
Evaporated	90mls	7	8
Dried skimmed milk	2tblsp	10	53
Natural Yoghurt	Small Carton (125g)	10	7
Low fat Yoghurt	Small Carton (125g)	17	14
Diet Yoghurt	Small Carton (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	Ice-cream from multi-pack	29	25
Vanilla Cornetto	Ice-cream from multi-pack	26	34
Choc Ice	Individual (52g)	14	28

Fruit

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION	CHO PER 100G
Apple Juice	80mls	15	12.5
Eating Apple	Medium (120g)	15	12
Stewed Apple – No sugar	6 Tablespoons	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	½	5	7
Grapefruit Juice	100mls	10	10
Kiwi	2 fruit	12	10
Mango	⅓	10	14
Melon	1 slice	10	6
Nectarine	1 medium fresh	10	9
Orange	1 medium	10	8
Orange Juice	100mls	10	10
Paw-Paw	¼	10	9
Peach	1 medium	10	8
Tin peaches in juice	100g	10	10
Pear	1 medium	10	10
Pineapple	1 slice fresh	10	10
Tin pineapple in juice	1 ring/6 chunks	5	12
Dessert Plum	2	10	9
Pomegranate	1 small	10	
Prunes	3 medium dried	10	34
Raspberries	25	5	6
Raisins	Tablespoon (30g)	20	70
Satsumas	2	10	8
Strawberries	10	5	5

Meat products

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION	CHO PER 100G
Steak & Kidney Pie	1 individual (160g)	40	25
Yorshire Pudding	1 average (80g)	20	25
Sausage Roll	Medium (60g)	21	35
Pizza (Cheese & Tomato)	½ thin crust	50	34
Pork Pie	Individual (140g)	34	24
Cornish Pasty	Medium	40-50	25

Rice and pasta

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION	CHO PER 100G
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
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 (dry)	48	70
Macaroni Cheese	300g	42	14
Pot Noodles	1 pot	40-50	
Ravioli	200g small tin	20	10
Couscous (cooked)	150g	77	51

Home baking

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION	CHO PER 100G
White & Wholemeal Flour	1 tbsp (½ oz)	10	76
Sugar	10oz (25g)	25	100
Dried Fruit	1oz (25g)	14	70
Oats	1oz (25g)	15	62
Syrup/Honey	1oz (25g)	20	80

Snacks

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION	CHO PER 100G
Crisps	1 small packet (25g)	15	60
Peanuts	50g packet	5	10
Raisins	30g	20	70
Dried Fruit and Nut	Small 30g packet	10	38
Popcorn – unpopped	1 tablespoon	10	
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	35

Sugar and preserves

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION	CHO PER 100G
Sugar or Glucose	2 level teaspoons	10	100
Honey, Jam or Syrup	2 level teaspoons	10	70
Glucose Tablets	3 tablets	10	
Lucozade	50mls / 2fl oz	10	20
Fizzy Drinks (not diet) eg. Coca Cola	200mls 8fl oz	20	10
Lemonade (not diet)	200mls / 8fl oz	10	5

Take-away foods

FOOD ITEM	TYPICAL PORTION SIZE	CHO PER PORTION
McDonald's: Thick shake	Regular Vanilla	66
McDonalds: Hamburger	103g	28
McDonalds: Cheeseburger	117g	28
McDonalds: Quarterpounder	160g	22
McDonalds: BigMac	207g	37
McDonalds: Chicken Nuggets	6 nuggets – 100g	17
Bacon & Egg McMuffin	140g	27
McDonalds: French Fries	Medium / Large	31 / 61
KFC – Chicken Original recipe	Wing / Breast / Drumstick	5 / 16 / 4
KFC – Burgers	Chicken Fillet Burger	33
Pizza Hut – Thin & Crispy Pizza	1 slice medium pizza	27 – 30
Stuffed Crust Pizza	1 slice medium pizza	45 – 48
Pan Pizza	1 slice medium pizza	44 – 46
B King – French Fries	Small / Medium / King-size	32 / 50 / 74
Chicken Tenders	4 pieces	9
B King – Whopper or Double Whopper	Plain Burger or with cheese	47
B King – Bacon Double Cheese or Hamburger / Cheeseburger	Basic Burger with Sauce	28

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION
Mexican – Chilli con carne	200g (meat & beans only)	16
Mexican – Tortilla	Medium	25
Mexican – Taco shell	14g	12
Pizza	1 cheese & tomato – 300g	100
Sweet & Sour Pork	Average Portion – 300g	30
Chow mein	Average Portion	60
Small pancake roll	90g	22
Chip Shop Battered Cod	Medium size – 180g	25
Chips	S/M/L chips – 130g / 180g / 240g	44 / 60 / 82
Scampi	Average portion in breadcrumbs – 150g	38
Scotch Egg	Average size – 120g	13
Doner Kebab	Small	30
Potato Waffle	40g	12
Sweet Waffle	1 average – 65g	27
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 serve – 350g	13
Indian – Birani	Meat & Rice – 400g	100
Indian – Pilaw Rice	200g side platter	50 – 60
Indian / Chinese – Boiled rice	Takeaway rice portion (foil tray)	90 – 100

Vegetables

FOOD ITEM	TYPICAL PORTION	CHO PER PORTION	CHO PER 100G
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 Pots 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

Notes

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