

Carbohydrate Counter

BREADS AND CEREALS

FOOD	CHO	FOOD	CHO
Bread – 1 slice	15	Pita/Lebanese Bread – 1 large (100g)	50
Bread roll – 1 (80g)	40	Taco shells – 2 (20g)	12
Bagel – 1 piece (70g)	35	Tortillas – 1 med	10
Fruit bread - 1 slice	20	Lavash bread – 1 piece	36
Fruit Bun/Hot Cross Bun	40	Mountain Bread – 1 piece	12
English muffin	25	Crumpets	20
Scone	20	Pancake – 1 average	15-20
Pasta – 1 cup cooked	35	Melba toast – 5 pieces	18
Rice – 1 cup cooked	50	Crisp bread – 2 biscuits	10
Noodles – 1 cup cooked	25	Rice cakes – 2 cakes	15
Couscous – 1 cup cooked	15	Rice crackers – 10 pieces	14
Tinned spaghetti – 1 cup	30	Weeties regular – 1 cup	20
Weet-bix/Vita-Brits - 2	17	Weeties fruit/nut – 1 cup	25
Oats – 1 cup cooked	20	Nutrigrain – 1 cup	20
Untoasted Muesli – ½ cup	30	Sultana Bran – 1 cup	25
Sustain – 1 cup	20	Coco Pops – 1 cup	40
Just right – 1 cup	60	Cornflakes – 1 cup	25

DAIRY FOODS * low fat choices are preferred

FOOD	CHO	FOOD	CHO
Milk* - 1 cup	15	Custard* - 1 cup	35
Yoghurt diet* - 1 tub	15	Flavoured milk* - 300ml	30
Yoghurt plain* - 1 tub	15	Creamed Rice* - 1 cup	35
Yoghurt fruit*- 1 tub	30	Ice-cream* – 1 cup	25

FRUIT

FOOD	CHO	FOOD	CHO
Banana – 1 med	20	Tinned fruit – 1 cup (natural juice)	25
Apple/Pear	20	Tinned fruit – 1 cup (heavy syrup)	50
Orange/Peach	15	Sultanas/Raisins – 40g	30
Watermelon- 1 cup	10	Dried apricots – 10 halves	15
Rockmelon – 1 cup	10	Dates - 5	15
Mandarin – 1 large	10	Dried figs - 1	10
Grapes – 1 cup	25	Uncle Toby's roll ups (fruit leather) - 1	13
Fresh fruit salad – 1 cup	20	Uncle Toby's fruit tops - 1	21

VEGETABLES

FOOD	CHO	FOOD	CHO
Corn – cooked cob	30	Canned peas – 1 cup	20
Creamed corn – ½ cup	22	Baked beans – 1 cup	30
Potato – 1 med, baked	30	Lentils – 1 cup cooked	20
Carrot – 1 cup cooked	10	Kidney beans – 1 cup cooked	25
Powdered vegetable soup – 1 pkt	15	Continental Vegeful soup – 1 pkt	25

DRINKS, FOOD SUPPLEMENTS AND LIQUID SUPPLEMENTS

FOOD	CHO	FOOD	CHO
Fruit juice – 250ml	25	Cordial – 300ml	30
Fruit drink from concentrate – 250ml	25	Soft drink – 375ml	50
Sports drink – 750ml (½ strength)	25	Sports drink – 750ml (full strength)	45
Up `n Go – 1 tetrapak	30	Sustagen Sport – 3 scoops + water	40
Smoothie (200mL milk + banana)	37	Sustagen Sport – 3 scoops + milk	47
Jelly – 1 cup	45	Sustagen Tetrapak	35
Jelly babies – 10 (40g)	25	Breakfast bars	25
Sugar – 1 tbsp	15	Muesli bars (fruit, no choc)	15
Honey/Jam – 1 tbsp	20	Power bar	40
Ice confectionery (e.g. Callipo)	22	Power Gel	28
Sorbet – 1 cup	65	Carboshotz	32
Glucose powder e.g. Glucodin – 6 tsp	15	Polyjoule	20