



The Dudley Group
NHS Foundation Trust

Carbohydrate counting tables

**Nutrition and Dietetics
Department**

Patient Information Leaflet

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Introduction

The tables in this leaflet list the carbohydrate content of commonly eaten foods. You can use these to work out the carbohydrate content of the meals and snacks you eat. You can then use this information to make appropriate decisions on your insulin doses in line with advice you will have received from your diabetes team.

The tables include the carbohydrate value in a typical serving (carb per portion). Compare this with your serving and then multiply or divide the value as necessary.

The tables also include the average carbohydrate value per 100g (carb per 100g). You can use this information when calculating the carbohydrate value of a weighed food portion e.g. cooked rice. The calculation to do this is as follows:

Calculation:

$$\frac{\text{Weight of food in grams}}{100} \times \text{carb per 100g} = \text{amount of carb (g)}$$

(Divide the weight of food in grams by 100; then multiply this figure by the carb per 100g figure. This will give you the amount of carb per gram).

Example – cooked rice:

A portion of cooked rice weighs 200g.
Cooked rice has a carb per 100g value of 30g:

$$\frac{200}{100} \times 30\text{g} =$$

$$2 \times 30\text{g} =$$

60g

Therefore this portion has 60g of carbohydrate in it.

A selection of branded foods is also shown in the tables as values can differ between products. More information is available from food labels – you need to look at the **total** carbohydrate content including both starches and sugars.

Weight conversions

Weight conversions:

$\frac{1}{2}$ oz = 15g

1oz = 25g

2oz = 50g

3oz = 75g

4oz = 100g

5oz = 150g

8oz ($\frac{1}{2}$ lb) = 225g

16oz = 450g

1 teaspoon = 5ml

1 tablespoon = 15ml

Liquid measures (1ml = 1g):

5 fl oz ($\frac{1}{4}$ pint) = 150mls

10 fl oz ($\frac{1}{5}$ pint) = 275mls

15 fl oz ($\frac{3}{4}$ pint) = 425mls

20 fl oz (1 pint) = 550mls

Bread	Typical Portion	Carb per portion (g)	Carb 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 inch slice	10	55
Crusty white roll	1	25	58
Granary bread	1 medium slice (large loaf)	15	46
Bread muffin	1 toasted (68g)	25	40
Crumpet	1 toasted (40g)	15	43
Rye bread	1 average slice (25g)	10	42
Bagel	1 (70g)	40	60
Pitta bread	1 standard size	30	58
Croissant	1	20	38
Burger roll	1	25	50
Waffle	1 waffle (45g)	15	30
Naan bread	Large	70	50
Tortillas (wheat)	Medium (40g)	25	60
Chapati	6 inch diameter (medium)	25	74
Crackerbread	2 slices	10	80

Breakfast cereals	Typical portion	Carb per portion (g)	Carb per 100g
All Bran	6 tbsp	20	43
Bran Flakes	6 tbsp	30	70
Coco 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	10	67
Ready Brek	40g	30	69
Rice Krispies	7 tbsp	25	84
Rolled oats	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

Tbsp = tablespoon

Biscuits	Typical portion	Carb per portion (g)	Carb 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 cream crackers	10	68
Crispbread (rye)	2 crispbreads	15	70
Full chocolate coated e.g. Penguin	1 biscuit	15	67
Jaffa Cake	2	15	68
Flapjack	1 square (60g)	35	60
Muesli bar e.g. Jordans	1	15	56
Frusli Bar e.g. Jordans	1	20	64

Cakes	Typical portion	Carb per portion (g)	Carb per 100g
Almond slice	35g	5	20
American muffins blueberry	72g	35	49
Mini-muffins – chocolate	28g	15	49
Apple strudel	115g	40	36
Apple turnover	100g	70 – 80	78
Bakewell tart (individual)	43g	25	64
Black forest cake (gateau)	90g	30	36
Chelsea bun	78g	40	56
Cherry fruit cake	42g	25	60
Chocolate cake (butter icing)	65g	35	58
Cupcakes – iced	41g	15	44
Cream filled choux bun	95g	25	29
Cream horn	60g	15	26
Chocolate eclair	90g	25	31
Currant bun	60g	30	50
Custard tart (individual)	94g	30	32
Custard slice	108g	40	38

Cakes	Typical portion	Carb per portion (g)	Carb per 100g
Danish pastry (medium)	110g	55	51
Doughnut	60g	25	47
Flapjack (medium)	60g	35	60
Fruit cake (plain) – slice	90g	50	58
Fruit cake with icing	70g	40	63
Gateau slice	85g	35	43
Iced bun	35g	20	59
Madeira cake	40g	20	58
Malt loaf (slice)	35g	20	57
Mince pies	55g	20	39
Meringue nest (small)	15g	15	93
Rock cake	45g	25	58
Scone (fruit)	48g	25	53
Sponge	60g	30	52
Swiss roll	30g	15	58
Teacake (fresh)	60g	30	52

Confectionery	Typical portion	Carb per portion (g)	Carb per 100g
Aero Bar	48g	25	55
Bounty	57g twin pack	30	56
Chocolate Buttons – (Cadbury's)	65g packet	35	57
Caramel Bar – (Cadbury's)	50g bar	30	64
Caramel egg	40g	20	58
Chocolate eclair (sweets)	9g each	5	75
Chocolate Peanuts	227g packet	70	32
Chomp	26g bar	10	68
Crunchie	42g bar	25	68
Curly Wurly	29g	20	64
Dairy Milk	43g bar	25	57
Dolly Mix	56g bag	50	90
Flake	34g bar	20	56
Flake	9g In 99	5	
Galaxy	47g bar	25	60
KitKat	49g per 4 fingers	30	59
Lion Bar	53g bar	35	67
Maltesers	37g bag	20	61
Mars	65g bar	45	70
Marshmallows	5g each	5	83
Milky Bar	13g bar	5	56
Milky Way	26g bar	20	72
Mints – Extra Strong	46g tube	45	98

Confectionery	Typical portion	Carb per portion (g)	Carb per 100g
M&M's – plain	45g packet	30	68
Picnic	49g bar	25	59
Quality Street chocolate	8g each	5	66
Rolo	58g tube	35	63
Skittles	60g packet	55	92
Snickers	61g bar	30	54
Toffee Crisp	48g bar	30	61
Time Out	40g bar	20	55
Fry's Turkish Delight	51g bar	40	78
Twirl	44g bar	25	56
Twix	28g each finger	15	63
Wine gums	45g tube	35	75
Wine gums	4g each	5	75
Wispa	39g bar	20	54
Yorkie	66g bar	40	59

Dairy/desserts	Typical portion	Carb per portion (g)	Carb per 100g
Fresh milk: skimmed and full cream	200mls ($\frac{1}{3}$ pint)	10	5
Evaporated milk	90mls	5	8
Dried skimmed milk	2 tbsp	10	53
Natural yoghurt	Small carton (125g)	10	7
Low fat yoghurt	Small carton (125g)	15	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
Dairy ice cream	1 scoop (60g)	15	24
White Magnum	Ice cream from multipack	30	25
Vanilla Cornetto	Ice cream from multipack	25	34
Choc ice	Individual (52g)	15	28

Fruit	Typical portion	Carb per portion (g)	Carb per 100g
Apple juice	80mls	10	12
Eating apple	Medium (120g)	15	12
Stewed apple – no sugar	6 tbsp	10	8
Apricots fresh	4 whole	10	7
Dried apricots	4 ready to eat	10	37
Banana (no skin)	1 medium (100g)	20	23
Grapes	10 medium sized	10	15
Grapefruit	½	5	7
Grapefruit juice	100mls	10	10
Kiwi	2 fruit	10	10
Mango	1/3	10	14
Melon e.g. honeydew	1 slice	10	6
Nectarine	1 medium fresh	10	8
Orange	1 medium	10	8
Orange juice	100mls	10	10
Paw-paw	1/4	10	9
Peach	1 medium	10	7
Tinned peaches in juice	100g	10	10
Pear	1 medium	15	10
Pineapple	1 slice fresh	10	10
Tinned pineapple in juice	1 ring or 6 chunks	5	12
Plum	2	10	9
Pomegranate	1 small	10	

Fruit	Typical portion	Carb per portion (g)	Carb per 100g
Prunes	3 medium dried	10	34
Raspberries	25	5	6
Raisins	1 tbsp (30g)	20	70
Satsumas	2	10	8
Strawberries	10	5	5

Meat/fish products	Typical portion	Carb per portion (g)	Carb per 100g
Steak and kidney pie	1 individual (160g)	40	25
Yorkshire pudding	1 average (80g)	20	25
Sausage roll	Medium (60g)	20	35
Scampi	Average portion in breadcrumbs (150g)	45	30
Scotch egg	Average size (120g)	15	13
Pork pie	Individual (140g)	35	24
Cornish pasty	Medium	40-50	25
Quiche Lorraine	Slice (100g)	20	20

Rice, pasta, grains	Typical portion	Carb per portion (g)	Carb per 100g
White rice (cooked)	1 tbsp (35g)	10	30
White rice (uncooked)	3oz (75g)	65	86
Brown rice (cooked)	1 tbsp (35g)	10	32
Basmati rice (cooked)	1 tbsp (35g)	10	30
White pasta (cooked)	½ cup (50g)	10	22
White pasta (uncooked)	15g	10	74
Egg lasagne (dried)	1 sheet	10	68
Wholemeal pasta (cooked)	45g	10	23
Tortellini (cooked)	180g	50	30
Egg noodles (dry)	68g (dry)	40	70
Macaroni cheese	300g	40	14
Pot noodles	1 pot	40-50	
Ravioli	200g small tin	20	10
Couscous (cooked)	150g	75	51

Home baking	Typical portion	Carb per portion (g)	Carb per 100g
White and wholemeal flour	1 tbsp (½ oz)	10	76
Sugar	10z (25g)	25	100
Dried fruit	1oz (25g)	15	70
Oats	1oz (25g)	15	62
Syrup/honey	1oz (25g)	20	80

Snacks	Typical portion	Carb per portion (g)	Carb per 100g
Crisps	1 small packet (25g)	15	60
Peanuts	Packet (50g)	5	10
Cashew nuts	Bag (50g)	10	18
Raisins	30g	20	70
Dried fruit and nut	1 small packet (30g)	10	38
Popcorn – unpopped	1 tbsp	10	
Popped	1 teacup (20g)	10	50
Twiglets	Packet (25g)	15	62
Pringles	50g	25	47
Tortilla chips	50g	30	60
Bombay mix	Bag (30g)	10	35

Sugars and preserves	Typical portion	Carb per portion (g)	Carb 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/2floz	10	20
Fizzy drinks (not diet) e.g. Coca Cola	200mls/8floz	20	10
Lemonade (not diet)	200mls/8floz	10	5

Takeaways and eating out	Typical portion	Carb per portion (g)
McDonald's thick milkshake	Regular/large	60/80
McDonald's hamburger	1	30
McDonald's cheeseburger	1 (117g)	3
McDonald's Quarter Pounder	1	35
McDonald's Big Mac	1	45
McDonald's chicken nuggets	6 nuggets	10
Bacon and egg McMuffin	140g	20
McDonald's french fries	Medium/large	40/55
McChicken Sandwich	1	40
McFlurry ice cream	1	45
KFC Chicken Original Recipe	Wing/breast/drumstick	5/15/5
KFC chicken fillet burger	1	35
Pizza Hut Thin & Crispy Pizza	1 slice medium pizza	25-30
Pizza Hut Stuffed Crust Pizza	1 slice medium pizza	40-50
Pizza Hut Pan Pizza	1 slice medium pizza	40-50
Burger King french fries	Small/regular/large	30/40/50
Burger King Chicken Tenders	4 pieces	10
Burger King Whopper or Double Whopper	Plain burger or with cheese	45
Burger King cheeseburger	With or without bacon	30
Burger King Chicken Royale	1	45
Indian poppadom	1 fried (13g)	5
Indian samosa	Medium (70g)	15
Indian naan	Large	70
Indian meat tikka	Main course (200g)	10

Takeaways and eating out	Typical portion	Carb per portion (g)
Indian vindaloo or similar curry	Main course (350g)	10
Indian birani	Meat and rice (400g)	100
Indian pilau rice	Side dish (200g)	50-60
Indian/Chinese boiled rice	Takeaway tray	90
Mexican chilli con carne	Meat and beans only (200g)	15
Mexican tortilla	Medium	25
Mexican taco shell	2 (28g)	15
Sweet and sour pork	Average portion (300g)	30
Chow mein	Average portion	60
Small pancake roll	55g	10
Prawn crackers	70g	35
Egg fried rice	Takeaway tray (270g)	85
Chicken fried rice	350g	75
Chip shop battered cod	Medium size (180g)	25
Chips	S/M/L (130g/180g/240g)	40/60/80
Scampi	Average portion in breadcrumbs (150g)	40
Scotch egg	Average size (120g)	10
Doner kebab	Small	30
Sweet waffle	1 average (65g)	25

Vegetables	Typical portion	Carb per portion (g)	Carb per 100g
Baked beans	3 tbsp	15	15
Red kidney beans cooked	3 tbsp	15	17
Red kidney beans tinned	3 tbsp	15	17
Chickpeas cooked	2 tbsp	10	18
Chickpeas tinned	2 tbsp	10	16
Lentils cooked	2 tbsp	15	18
Mung dahl cooked	2 tbsp	10	15
Potatoes (old raw)	1 average size (60g)	10	17
Potatoes (old boiled)	1 average size (60g)	10	17
New potatoes with skin (boiled)	1 egg size	10	15
Baked potato with skin	1 medium (150g)	50	32
Chips	5 medium cut (30g)	10	30
Roast potato	1 small (50g)	10	25
Mashed potatoes	1 scoop (60g)	10	15
Sweet potato	130g	25	20
Potato croquette	1 (90g)	20	22
Potato waffle	90g	30	30
Crisps	Packet (30g)	15	50
Peas	2 tbsp	10	10
Sweetcorn canned	2 tbsp	15	25

Alcoholic drinks	Typical portion	Carb per portion (g)
Red wine	150mls	-
Dry white wine	150mls	-
Medium white wine	150mls	-
Sweet white wine	150mls	5
Standard beer	1 pint	10
Standard lager	1 pint	10
Dry cider	1 pint	15
Sweet cider	1 pint	25
Vintage cider	1 pint	40
Spirits	25mls	-
Port	50mls	5
Dry sherry	50mls	-
Sweet sherry	50mls	5
Dry vermouth	50mls	-
Sweet vermouth	50mls	5
Alcopops	Bottle (275ml)	15-30
Liqueur e.g. cherry brandy	25mls	5

If you have any questions or if there is anything you do not understand about this leaflet please contact:

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Tel: 01384 456111 ext. 3148/3149/3150 (9am to 5pm, Monday to Friday excluding bank holidays).

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

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Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔

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