

**CARBOHYDRATE
REFERENCE
LIST**



DiABETES UK
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Contents

Introduction	3
Food groups:	
Asian food	4
Biscuits, crackers, bars	4
Bread	7
Cakes	9
Cereals	11
Chocolate and sweets	12
Crisps and snacks	14
Drinks	15
Fast food	16
Fruit	17
Home baking	19
Ice cream	20
Main meal accompaniments	20
Milk and dairy	21
Pasta and rice	22
Pies, pastries and pizzas	23
Potato	24
Preserves	25
Puddings and desserts	25
Soup and sauces	26
Takeaway foods	27

Introduction

What is a carbohydrate reference list?

This carbohydrate reference list can be used to help you work out the amount of carbohydrate you are eating and drinking at meal times and snacks, so that you can match this with the correct dose of insulin. The list is made up of some commonly eaten foods and their carbohydrate content.

What information does it give me? How do I navigate through the reference list?

To help you navigate more quickly and easily through the list, foods and drinks have been divided into categories, such as biscuits, takeaway foods or milk and dairy.

The amount of carbohydrate in each item has been calculated per typical serving size as well as per 100g product. As typical serving sizes tend to vary from person to person, we have included an average weight for these portions so you can use these to compare to your own typical servings.

The list specifies the amount of carbohydrate in the foods and drinks as carbohydrate portions (CPs) and as grams (g). Choose which figure is relevant to you, depending on which system of carbohydrate counting you use.

Introduction

A space at the back of the list has been left blank so that you can add any foods that you find are not in the reference list.

Where can I find out more information about carbohydrate counting?

This carbohydrate reference list is designed to be used in conjunction with the Carbs Count ebook, which you can download for free from the Diabetes UK online shop. The Carbs Count ebook provides background information on carbohydrates and how to carbohydrate count. It also covers the different types of insulin available, how they work and how each one should be adjusted according to what you eat, drink and the amount of physical activity you do.

The benefits

Learning to carbohydrate count and insulin dose adjust takes time, professional support, effort and practice.

However, once you are confident you should be able to:

- vary the times you eat and the amount of carbohydrate you eat
- predict blood glucose responses to different foods
- enjoy a wider variety of foods.

The Carbs Count ebook is for adults with Type 1 diabetes who manage their blood glucose levels with a basal bolus insulin regimen. A basal bolus regimen uses a long-acting (basal) insulin, to keep glucose produced by your liver under control, with additional short or rapid-acting (bolus) insulin, to cover carbohydrate containing food and drink.

How has the information in this reference list been calculated?

The information in this reference list has been calculated using the average carbohydrate content of products. The ingredients and carbohydrate content of products often change and so the figures stated in this reference list may not exactly reflect the carbohydrate content of your product.

For this reason it is more accurate to calculate the carbohydrate content of your meals and snacks from food labels where possible and practical.

Abbreviations

The following abbreviations have been used:

- **g cho per portion** = grams of carbohydrate per portion
- **CP** = carbohydrate portion

Asian food	Portion	Weight (g)	Average g cho per portion	Average in CP
Bhajia	1 bhajia	40g	6g	0.5
		100g	16g	1.5
Bombay potato	1 serve	150g	21g	1.5
		100g	14g	1
Chapatti - gujerati (made with fat)	1 small, very thin	30g	15g	2
		100g	48g	1.5
Chapatti - punjabi/urdu (made without fat)	1 large	75g	33g	3.5
		100g	44g	4.5
Gobi Aloo Saag	1 serve	150g	11g	1
		100g	7g	0.5
Mango chutney (Sainsburys)	1 teaspoon	15g	9g	1.0
		100g	57g	5.5
Pilau rice	cooked	250g	64g	6.5
		100g	26g	2.5
Samosa vegetable (thin pastry)	1 samosa	55g	17g	1.5
		100g	30g	3
Tarka daal	1 serve	150g	27g	3
		100g	18g	2

Biscuits, crackers and bars

Arrowroot (thin)	1 biscuit	8g	6g	1
		100g	94g	9.5
Bourbon cream	1 biscuit	12g	8g	1.0
		100g	67g	6.5

Biscuits, crackers and bars	Portion	Weight (g)	Average g cho per portion	Average in CP
Milk chocolate digestive	1 biscuit	17g	11g	1.0
		100g	63g	6.5
Dark chocolate digestive	1 biscuit	17g	11g	1.0
		100g	62g	6.0
Cream crackers	1 biscuit	8g	6g	0.5
		100g	68g	7.0
Custard cream	1 biscuit	12g	8g	1.0
		100g	64g	6.5
Digestive	1 biscuit	15g	10g	1.0
		100g	69g	7
Flapjack	1 flapjack	32g	20g	2.0
		100g	62g	6.0
Fig roll	1 biscuit	17g	12g	1.0
		100g	71g	7.0
Fruit shortcake	1 biscuit	8g	5g	0.5
		100g	65g	6.5
Jordan's frusli bar (Red Berries)	1 bar	30g	23g	2.5
		100g	75g	7.5
Garibaldi	1 biscuit	10g	7g	0.5
		100g	71g	7.0
Ginger nut	1 biscuit	10g	8g	1.0
		100g	79g	8
Hobnob	1 biscuit	14g	9g	1.0
		100g	61g	6.0

Biscuits, crackers and bars	Portion	Weight (g)	Average g cho per portion	Average in CP
Jaffa cake	1 cake	13g	10g	1.0
		100g	77g	7.5
Jam creams	1 biscuit	17g	11g	1.0
		100g	65g	6.5
Kitkat (2finger)	1 biscuit	21g	13g	1.5
		100g	63g	6.5
Lemon puffs	1 biscuit	14g	9g	1.0
		100g	63g	6.5
Malted milk	1 biscuit	8g	5g	0.5
		100g	63g	6.5
Marshmallow teacakes	1 teacake	24g	15g	1.5
		100g	62g	6
Melba toast	1 biscuit	3g	3g	0.5
		100g	75g	7.5
Nice biscuits	1 biscuit	8g	5g	0.5
		100g	63g	6.5
Nutrigrain bar (Apple)	1 bar	37g	26g	2.5
		100g	69g	7
Oatcake	1 biscuit	10g	6g	0.5
		100g	63g	6.5
Penguin	1 biscuit	22g	14g	1.5
		100g	62g	6.0
Rich tea	1 biscuit	8g	6g	0.5
		100g	71g	7.0

Biscuits, crackers and bars	Portion	Weight (g)	Average g cho per portion	Average in CP
Ritz	7 crackers	25g	15g	1.5
		100g	60g	6.0
Ryvita	1 slice	10g	7g	0.5
		100g	67g	6.5
Shortbread finger	1 finger	13g	8g	1.0
		100g	63g	6.5
Tracker bar (chocolate chip)	1 bar	26g	15g	1.5
		100g	57g	5.5
TUC (plain)	2 biscuits	10g	6g	0.5
		100g	62g	6.0
Twix	1 finger	23g	15g	1.5
		100g	65g	6.5
Wafer(caramel)	1 biscuit	28g	21g	2.0
		100g	69g	7.0
Wagon wheel	1 biscuit	38g	26g	2.5
		100g	67g	6.5
Water crackers	1 biscuit	7g	5g	0.5
		100g	76g	7.5

Bread

Bagel (plain)	1 bagel	85g	49g	5.0
		100g	58g	6.0
Baguette	half individual	75g	37g	3.5
		100g	50g	5.0

Bread	Portion	Weight (g)	Average g cho per portion	Average in CP
Bread roll (small)	1 petite pain	50g	26g	2.5
		100g	52g	5.0
Bread roll (large)	1 roll	86g	44g	4.5
		100g	52g	5.0
Ciabatta (plain)	1 slice	54g	28g	3.0
		100g	52g	5.0
Croissant	1 croissant	48g	21g	2.0
		100g	43g	4.5
Crumpet	1 crumpet	46g	18g	2.0
		100g	39g	4.0
English muffin (plain)	1 muffin	71g	31g	3.0
		100g	44g	4.5
Finger roll	1 roll	41g	21g	2.0
		100g	51g	4.5
French stick	2" slice	40g	22g	2.0
		100g	56g	5.0
French stick	6" slice	120g	67g	6.5
		100g	56g	5.5
Garlic bread	1" slice	22g	10g	1
	half baguette	210g	102g	9.5
Malted bread, fruited	1 slice	100g	48g	4.5
		35g	22g	2.0
		100g	65g	6.5

Biscuits, crackers and bars	Portion	Weight (g)	Average g cho per portion	Average in CP
Hot cross buns	1 bun	50g	29g	3.0
		100g	59g	6.0
Malt loaf	1 slice	32g	18g	2.0
		100g	57g	5.5
Naan bread (plain)	1 mini	73g	37g	3.5
		100g	50g	5.0
Pain au chocolat	per croissant	64g	27g	2.5
		100g	42g	4.0
Pitta bread	1 mini 1 pitta	30g	17g	1.5
		60g	33g	3.5
		100g	55g	5.5
Rye bread	1 slice	25g	12g	1.0
		100g	46g	4.5
Scones (Plain)	1 scone	54g	29g	3.0
		100g	54g	5.5
Sliced bread (White)	1 medium slice 1 thick slice	33g	15g	1.5
		43g	20g	2.0
		100g	46g	4.5
Sliced bread (Wholemeal)	1 medium slice 1 thick slice	36g	15g	1.5
		49g	21g	2.0
		100g	43g	4.5

Cakes				
Cheese cake	1/6 cake	84g	21g	2.0
		100g	25g	2.5
Chelsea bun	1 bun	78g	44g	4.5
		100g	56g	5.5

Cakes	Portion	Weight (g)	Average g cho per portion	Average in CP
Chocolate éclair (frozen)	1 éclair	356g	21g	2.0
		100g	38g	4.0
Chocolate mini roll	1 roll	28g	15g	1.5
		100g	53g	5.5
Currant bun	1 bun	60g	32g	3.0
		100g	53g	5.5
Doughnut (jam)	1 doughnut	75g	37g	3.5
		100g	49g	5.0
Doughnut (ring)	1 doughnut	60g	28g	3.0
		100g	47g	4.5
Eccles cake	1 cake	45g	27g	2.5
		100g	59g	6.0
Fruit pie (apple and blackcurrant)	1 individual pie	66g	37g	3.5
		100g	56g	5.5
Jam tart	1 tart	34g	21g	2.0
		100g	63g	6.5
Madeira cake	1 slice	40g	23g	2.5
		100g	58g	6.0
Scotch Pancakes	1 pancake	31g	12g	1.0
		100g	40g	4.0
Swiss roll	1 slice	35g	17g	1.5
		100g	48g	5.0

Cakes	Portion	Weight (g)	Average g cho per portion	Average in CP
Teacake (fresh)	1 cake	75g	39	4.0
		100g	53	5.5
Vanilla slice	1 slice	40g	21	2.0
		100g	53	5.5

Cereals				
All-Bran (original)	1 serve	40g	19g	2.0
		100g	48g	5.0
Bran Flakes	1 serve	30g	20g	2.0
		100g	67g	6.5
Cheerios	1 serve	30g	23g	2.5
		100g	75g	7.5
Cornflakes	1 serve	30g	25g	2.5
		100g	84g	8.5
Jordans country crisp (chocolate)	1 serve	45g	30g	3.0
		100g	66g	6.5
Crunchy nut cornflakes	1 serve	30g	25g	2.5
		100g	82g	8.0
Frosties	1 serve	30g	26g	2.5
		100g	87g	9.0
Fruit and fibre	1 serve	35g	24g	2.5
		100g	69g	7.0
Museli (no added sugar)	1 serve	50g	33g	3.5
		100g	67g	6.5

Cereals	Portion	Weight (g)	Average g cho per portion	Average in CP
Porridge oats	half cup	45g	30g	3.0
		100g	67g	6.5
Rice crispies	1 serve	30g	26g	2.5
		100g	87g	8.5
Shreddies	1 serve	35g	27g	3.5
		100g	78g	7.5
Shredded wheat (bitesize)	1 serve	45g	32g	3.0
		100g	70g	7.0
Shredded wheat	2 biscuit	45g	31g	3.0
		100g	69g	7.0
Special K (original)	1 serve	30g	24g	2.5
		100g	79g	8.0
Weetabix	2 biscuit	37.5g	26g	2.5
		100g	69g	7.0

Cereals				
Bounty bar	funsized standard bar	28.5g	18g	2.0
		57g	36g	3.5
		100g	64g	6.5
Chocolate, fancy and filled	4 sweets	22g	14g	1.5
		100g	63g	6.5
Crème egg	1 mini egg 1 egg	11g	8g	1.0
		39g	28g	3.0
		100g	71g	7.0

Chocolate and sweets	Portion	Weight (g)	Average g cho per portion	Average in CP	
Crunchie	standard bar	40g	28g	3.0	
		100g	70g	7.0	
Flake	standard bar	32g	18g	2.0	
		100g	56g	5.5	
Maltesers	1 funsize bag	20g	12g	2.0	
	standard bag	37g	23g	2.5	
		100g	63g	6.5	
Mars bar	funsize bar	18g	13g	1.5	
		62.5g	40g	4.0	
		100g	68g	7.0	
Marshmallows	1 marsh mellow	5g	4g	0.5	
	1 bag	200g	166g	16.5	
		100g	83g	8.5	
Minstrels	standard bag	42g	29g	3.0	
		100g	70g	7.0	
Polo mints	1 tube	34g	33g	3.5	
		100g	98g	10.0	
Snickers	Fun size	19.7g	11g	1.0	
		standard bar	58g	32g	3.0
			100g	55g	5.5
Starburst	1 pack	45g	38g	4.0	
		100g	83g	8.5	
Twix	funsize bar	20g	13g	1.5	
		standard bar	50g	32g	3.0
			100g	65g	6.5

Crisps and snacks	Portion	Weight (g)	Average g cho per portion	Average in CP
Bombay mix	1 serve	30g	11g	1.0
		100g	35g	3.5
Corn snacks	1 bag	20g	11g	1.0
		100g	54g	5.5
Crisps (thick cut)	1 bag	32g	17g	1.5
		100g	54g	5.5
Crisps	1 bag	25g	13g	1.5
		100g	53g	5
Doritos	1 bag	30g	18g	2.0
		100g	59g	6.0
Popcorn (plain)		100g	49g	5.0
Popcorn (savoury)	1 cup = 2 handfuls	20g	11g	1.0
		100g	55g	5.5
Popcorn (toffee)	1 cup = 2 handfuls	20g	16g	1.5
		100g	78g	8.0
Popcorn (sweet)	1 cup = 2 handfuls	20g	13g	1.5
		100g	66g	6.5
Pringles	1 serving	30g	15g	1.5
		100g	51g	5.0
Quavers	1 bag	20g	13g	1.5
		100g	63g	6.5
Rice cakes	2 large rice cakes	20g	16g	1.5
		100g	81g	8.0

Crisps and snacks	Portion	Weight (g)	Average g cho per portion	Average in CP
Snack a jacks (salt & vinegar)	1 bag	26g	2.0g	2.0
		100g	79g	8.0
Snack a jacks (caramel)	1 bag	30g	26g	2.5
		100g	88g	9.0

Drinks				
Cola	1 can	330ml	36g	3.5
	1 glass	250ml	27g	3.0
	1 bottle	500ml	53g	5.5
		100ml	11g	1
Drinking chocolate	3 heaped tsp	18g	14g	1.0
		100g	75g	7.0
Fruit juice (apple)	1 glass	200ml	20g	2.0
		100ml	10g	1.0
FruitnJuice (orange)	1 glass	200ml	18g	2.0
		100ml	9g	1.0
Highlights	1 serve	11g serve with water	5g	0.5
		100g	48g	5.0
Horlicks (traditional)	3-4 teaspoons	25g	19g	2.0
		100g	78g	7.0
Hot chocolate	1 sachet	28g	19g	2.0
		100g	69g	7.0
Lemonade	1 can	330ml	19g	2.0
	1 glass	250ml	15g	1.5
	1 bottle	500 ml	29g	3.0
		100ml	6g	0.5

Fast food	Portion	Weight (g)	Average g cho per portion	Average in CP
McDonald's				
Apple pie	1 pie		29	3.0
Bacon and egg Mc Muffin	1 muffin		29g	3.0
Big breakfast	1 breakfast		43g	4.5
BBQ/ sweet n' sour dip	1 tub		11g	1.0
Big mac	1 burger		41g	4.0
Cheeseburger	1 burger		31g	3.0
Chicken nuggets	6 pieces		20g	2.0
French fries	small		30g	3.0
	medium		42g	4.0
	large		60g	6.0
Grilled chicken wrap	1 wrap		61g	6.0
McFlurry	1 tub		49g	5.0
Milkshake (chocolate/strawberry)	1 medium		67g	6.5
	1 large		87g	8.5
Pizza Hut				
Cheesy garlic bread	1 piece		13g	1.5
Chicken n' ham pizza - stuffed crust	1 slice		37g	3.5
Pepperoni pizza - regular pan	9" pizza		119g	12.0
Vegetarian pizza - thin and crispy	1 slice of 12" pizza		24g	2.5
KFC				
Mashed potato and gravy	1 medium tub		19g	2.0
Original recipe chicken	1 piece		7g	0.5
Popcorn chicken	1 large box		25g	3.0
Potato wedges	1 portion		35g	3.5

Fast food	Portion	Weight (g)	Average g cho per portion	Average in CP
Burger King				
Angus burger	1 burger		42g	4.0
Chicken royale	1 burger		56g	5.5
Fries	small		48g	5.0
	regular		71g	7.0
	large		91g	9.0
	super		112g	11.0
Ocean catch	1 portion		44g	4.5
Onion rings	regular		33g	4.0
	1large		62g	6.0
Whopper	1 burger		52g	5.0
Whopper with cheese	1 burger		52g	5.0

Fruit				
Apple	1 medium	112g (with core)	15g	1.5
		100g	11g	1.0
Apricots (dried)	1 dried	8g	5g	0.5
		100g	57g	4.5
Apricots (raw)	1 medium	40g (no stone)	3g	0.5
		100g	7g	0.5
Banana	1 small	80g (no skin)	19g	2.0
	1 medium	100g (no skin)	23g	2.5
	1 large	120g (no skin)	28g	3.0
		100g (no skin)	23g	2.5

Fruit	Portion	Weight (g)	Average g cho per portion	Average in CP
Fruit cocktail (in juice)	1 portion	115g	8g	1.0
		100g	7g	0.5
fruit cocktail (in syrup)	1 portion	115g	17g	1.5
		100g	15g	1.5
Grapes	1 small bunch	100g	15g	1.5
Kiwi	1 medium	60g (no skin)	6g	0.5
		100g	11g	1.0
Mango	1 slice	40g (no stone)	6g	0.5
		100g	14g	1.5
Melon	1 slice	200g (no skin)	12g	1.0
		100g	6g	0.5
Nectarine	1 small	130g (no stone)	12g	1.0
	1 medium	150g (no stone)	14g	1.5
	1 large	190g (no stone)	17g	1.5
		100g (no stone)	9g	1.0
Peach	1 small	70g (no stone)	5g	0.5
	1 medium	110g (no stone)	8g	1.0
	1 large	150g (no stone)	11g	1.0
		100g (no stone)	8g	1.0
Orange	1 small	120g (no stone)	10g	1.0
	1 medium	160g (no stone)	14g	1.5
	1 large	210g (no stone)	18g	2.0
		100g (no stone)	9g	1.0

Fruit	Portion	Weight (g)	Average g cho per portion	Average in CP
Pear	1 medium	150g	15g	1.5
		100g	10g	1.0
Pineapple (tinned in juice)	1 ring	40g	5g	0.5
		100g	12g	1.0
Pineapple (fresh)	Average slice	80g (no skin)	8g	1.0
		100g	10g	1.0
Plums	1 small	30g (no stone)	3g	0.5
	1 medium	55g (no stone)	5g	0.5
	1 large	85g (no stone)	8g	1.0
		100g (no stone)	9g	1.0
Strawberries	1 portion	100g	6g	0.5

Home baking				
Cornflour	1 heaped tablespoon	30g	28g	3.0
		100g	92g	9.0
Custard powder	2 tablespoons	30g	28g	3.0
		100g	92g	9.0
Dried fruit	1 serve	30g	20g	2.0
		100g	68g	7.0
Wheat flour, white, plain	1 heaped tablespoon	30g	23g	2.5
		100g	78g	8.0
Wheat flour, wholemeal	1 heaped tablespoon	30g	19g	2.0
		100g	64g	6.5
Glace cherries	1 cherry	5g	3g	0.5
		100g	66g	6.5
Sugar	1 heaped teaspoon	6g	6g	0.5
		100g	98g	10.0

Ice cream	Portion	Weight (g)	Average g cho per portion	Average in CP
Choc ice	1 block	48g	11g	1.0
		100g	23g	2.5
Cornetto (classico)	1 cone	76g	25g	2.5
		100g	33g	3.5
Fruit lolly	1 lolly	68g	14g	1.5
		100g	20g	2.0
Magnum	1 bar	76g	22g	2.0
		100g	30g	3.0
Mars ice cream	1 bar	60g	19g	2.0
		100g	31g	3.0
Solero	1 portion	77g	17g	1.5
		100g	22g	2.0
Sorbet (fruit)	1 portion	125g	31g	3.0
		100g	25g	2.5
Ice cream	1 scoop	40g	8g	1.0
		100g	21g	2.0
Vienetta (strawberry)	sixth	50g	12g	1.0
		100g	24g	2.5

Main meal accompaniments

Baked beans	1 small tin	200g	30g	3.0
	1 large tin	400g	60g	6.0
		100g	15g	1.5

Main meal accompaniments	Portion	Weight (g)	Average g cho per portion	Average in CP
Fish fingers (grilled)	1 Fish finger	28g	5g	0.5
		100g	19g	2.0
Stuffing balls (frozen)	1 ball	32g	6g	0.5
		100g	19g	2.0
Taco shells	1 shell	12g	7g	0.5
		100g	61g	6.0
Tortillas	1 tortilla	58g	35g	0.5
		100g	60g	6.0
Yorkshire pudding	1 pudding	20g	5g	0.5
		100g	25g	2.5

Milk and dairy				
Greek Yogurt	1/4 pot	125g	6g	0.5
		100g	5g	0.5
Low fat fruit yoghurt	1 small pot	125g	17g	1.5
		150g	20g	2.0
	1 medium pot	100g	14g	1
Low fat natural yoghurt	1 pot	125g	9g	1.0
		100g	7g	1.0
Milk	half a pint	284ml	14g	1.5
		100ml	5g	0.5
Milkshake	a glass	250 ml	28g	3.0
		100ml	11g	1.0

Milk and dairy	Portion	Weight (g)	Average g cho per portion	Average in CP
Müller corner (orange chocolate crunch)	1 pot	135g pot	31g	3.0
		100g	23g	2.5
Müller corner (fruit)	1 pot	150g pot	22g	2.0
		100g	15g	1.5
Müller light	1 pot	175g pot	13g	1.5
		100g	8g	2.0

Pasta and rice				
Cannelloni (dried)	1 serve	90g (dried)	66g	6.5
		100g (dried)	73g	7.5
Couscous (plain)	1 tablespoon	33g (cooled)	8g	1.0
		100g (cooked)	23g	2.5
		100g (raw)	73g	7.5
Lasagne (ready meal)	1 portion	420g	56g	5.5
		100g	13g	1.5
Lasagne sheet (egg)	1 serve	90g (dried)	63g	6.5
		100g (dried)	70g	7.0
Noodles (egg)	1 serve	150g	20g	2.0
		100g (raw)	72g	7.0
Pasta (fresh,raw)	1 serve	90g	50g	5.0
		100g	56g	5.5
Pasta (fresh, cooked)	1 serve	230	73g	7.5
		100	32g	3.0
Pot noodle	1 pot	93g	63g	6.5

Pasta and rice		Portion	Weight (g)	Average g cho per portion	Average in CP
Ravioli (fresh, meat filled)			100g (uncooked)	25g	2.5
Rice (cooked)	1 heaped tablespoon		40g	12g	1.0
	small serve		100g	31g	3.0
	medium serve		180g	56g	5.5
	large serve		290g	90g	9.0
Rice (raw)			100g	86g	8.5
Tinned spaghetti (in tomato sauce)	half can		200g	28g	3.0
			100g	14g	1.5

Pies, pastries and pizza					
Cornish pastry	1 medium		130g	39g	4.0
			100g	25g	2.5
Danish pastry	1 medium		110g	56g	5.5
	1 large		180g	92g	9
			100g	51g	5
Pork pie	1 mini pie		50g	13g	1.5
			100g	26g	2.5
Quiche (Lorraine)	quarter of a pie		125g	25g	2.5
			100g	20g	2.0
Sausage roll (flaky pastry)	1 roll		60g	15g	1.5
			100g	25g	2.5

Pies, pastries and pizza	Portion	Weight (g)	Average g cho per portion	Average in CP
Sausage roll	1 jumbo roll	150g	38g	4.0
Steak and kidney pie	1 pie	235g	60g	6.0
		100g	2g	2.5

Potato				
Boiled potato	1 egg sized	65g	10g	1.0
		100g	15g	1.5
Chips (oven)	3-4 medium cut	40g (cooked)	12g	1.0
		100g (frozen)	30g	3.0
Jacket potato	small	100g	21g	2.0
	medium	180g	38g	4.0
	large	220g	46g	4.5
Mashed potato (with butter)	1 scoop	60g	9g	1.0
		100g	16g	1.5
Microchips	1 pack	100g	28g	3.0
Plantain (boiled)		100g	29g	3
Plantain (fried)		100g	48g	5
Potato (raw)		100g	17g	1.5
Potato waffle	2 waffles	90g	3g	0.5
		100g	30g	3.0

Potato	Portion	Weight (g)	Average g cho per portion	Average in CP
Potato wedges (oven)	2 large	30g	8g	1.0
		100g	23g	2.5
Roast potato	1 small	50g	13g	1.5
		100g	26g	2.5
Sweet potato	2 medium boiled	130g	27g	2.5
		100g	21g	2.0
Yam (boiled)	1 boiled	130g	43g	4.5
		100g	33g	3.5

Preserves				
Honey	1 heaped teaspoon	17g	13g	1.5
		100g	76g	7.5
Jam	1 heaped teaspoon	18g	12g	1.0
		100g	69g	7.0

Puddings and desserts				
Angel delight	quarter pack made	94g (made)	12g	1.0
		100g (powder)	71g	7.0
Custard (instant)	Per 25g made with water	167g (made)	19g	2.0
		100g (powder)	76g	7.5

Puddings and desserts	Portion	Weight (g)	Average g cho per portion	Average in CP
Custard (tinned)	half can	200g	31g	3.0
		100g	16g	1.5
Lemon meringue pie	1 slice	80g	35g	4
	individual pie	40g	17g	2
		100g	44g	5
Meringue nest	1 nest	18g	17g	1.5
		100g	96g	8.5
Rice pudding	half can	212g	34g	3.5
		100g	16g	1.5
Mousse (chocolate)	1 pot	55g	11g	1.0
		100g	20g	2.0
Muller rice (original)	1 pot	190g	31g	3.0
		100g	16g	1.5
Sponge pudding (tinned)	quarter tin	75g	34g	3.5
		100g	45g	4.5

Soup and sauces				
Cup a soup (tomato and vegetable with croutons)	1 sachet	230ml as prepared	19g	2.0
Cup a soup (chicken noodles)	1 sachet	230ml as prepared	17g	1.5

Soup and sauces	Portion	Weight (g)	Average g cho per portion	Average in CP
Curry sauce (korma)	1 serve	125	13g	1.5
		100	10g	1.0
Soup (tomato)	half a can	200g	14g	1.5
		100g	7g	0.5
Sweet and sour sauce	quarter large jar	130	25g	2.5
		100g	20g	2.0

Takeaway foods				
Chips	1 medium portion	240g	73g	7.0
		100g	31g	3
Fish in batter	1 medium cod in batter	180g	21g	2.0
		100g	12g	1
Naan bread	1 mini	60g	30g	3.0
	1 naan	160g	80g	8.0
		100g	50g	5.0
Poppadom (plain)	1 small	13g	6g	0.5
	1 large	25g	11g	1.0
		100g	45g	4.5
Rice (boiled)	1 tray	300g	93g	9.5
		100g	31g	3
Egg fried rice	1 tray	300g	100g	10.0
		100g	33g	3.5

About Diabetes UK

Diabetes UK is the leading UK charity that cares for, connects with and campaigns on behalf of all people affected by and at risk of diabetes.

- We help people manage their diabetes effectively by providing information, advice and support.
- We campaign with people with diabetes and with healthcare professionals to improve the quality of care across the UK's health services.
- We fund pioneering research into care, cure and prevention for all types of diabetes.
- We campaign to stem the rising tide of diabetes.

For more information visit www.diabetes.org.uk

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