

Understanding the Carbohydrate Portions in Gluten Free Foods

1 Portion/Exchange = 10g

Know your Carbohydrate Foods

- Dairy
- Fruit
- Starchy vegetables
- Breads, cereals, rice, pasta/noodles, biscuits (plain), flour(s)
- Extras e.g. Chips, chocolate, other biscuits, cakes

Measure and Weigh

- Measure and/or weigh the food and fluids you consume
- Weight is more accurate than cup measures
- Uncooked (raw) is more accurate than cooked

Read the Label

- Look at total carbohydrate, not sugar
- Check the serve sizes
- Check uncooked versus cooked

Look it Up

- Use Australian data
- Books e.g. Allan Borushek's Fat, Calorie and Carbohydrate Counter Australian Carbohydrate Counter-Traffic Light Guide to Food , Living with Diabetes and Coeliac Disease
- Websites e.g. Calorie King (Australia), Food Standards Australia and New Zealand Nutrition Panel Calculator
- Apps e.g. Calorie King Australia, Australian Carb Counter-The Traffic Light Guide to Food, Easy Diet Diary

Check the Serve Size

- Calculate the amount of carbohydrate in the serve you are consuming (if it is different to the serving size on the nutrition panel).

Keep a Record

- Write it down in a notebook
- Write it on a sticky label and stick the label to the food container
- Make a list of usual foods, stick it on the fridge

Plan for Eating Out

- Check for an online menu
- Check for online carbohydrate information
- Practice at home
- Take a photo of the meal, you can re-check it later

Underestimate don't Overestimate

If you dose according to carbohydrate amounts it is safer to underestimate the amount of carbohydrate (if you are in any doubt).

Is it Gluten Free?

- Restaurants – see Coeliac Society Australia website or phone ahead.
- Check the Ingredients using Apps e.g. The Coeliac Society of Australia Ingredient List, Go Scan; or Books e.g. Living Gluten-Free for Dummies









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1 Carbohydrate Portion (CP) = 10g Carbohydrate

G These foods may not be gluten free. Check label and ingredients list.







Dairy Food (except cheese and cream)

		 G	 G	 G	 G
200 ml milk = 1 CP	100 ml flavoured milk = 1 CP	¼ - ½ 200g tub flavoured yoghurt = 1 CP	1 tub diet/ natural yoghurt (200g) = 1 CP	¼ cup custard = 1 CP	1 regular scoop ice-cream (100ml, 50g) = 1 CP







Fruit

					
1 medium apple/orange/pear (160-175g) = 2 CP	2 small apricots = 1 CP	1 medium banana (12-71 cm, 170g with skin) = 2 CP	15 grapes/cherries = 1 CP	½ cup fruit salad (100g) = 1 CP	100ml juice = 1 CP





Starchy Vegetables

					 G
⅓ cup boiled or 70g raw sweet potato = 1 CP	⅓ cup mashed/½ large (80g) potato = 1 CP	⅓ cup boiled taro = 1 CP, 100g raw taro = 2 CP	¼ cup boiled cassava = 1 CP, 100g raw cassava = 3 CP	⅓ cup corn or ⅔ medium cob corn = 1 CP	⅓ cup baked beans/ kidney beans/ lentils = 1 CP

Breads, Cereals, Biscuits, Flour

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2 thick/3 thin rice cakes, 10 rice crackers = 1 ½ CP	1 slice of GF bread = 1 ½ CP	1 small GF tortilla/taco, ⅓ GF wrap = 1 CP	1 cup GF cereal = 2-6 CP (check label)	1 cup cooked rice = ~ 5 CP, ½ cup raw rice = 8 CP	1 cup cooked pasta = ~ 4 CP, 100g raw pasta = 7 CP

Extras

 G	 G		
8 regular sized hot chips = 1 CP, 1 bucket hot chips ~ 4 CP	4 squares of plain milk chocolate (20g) = 1 CP	100 ml soft drink = 1 CP, 150 ml cordial = 1 CP	2 tsp honey/sugar = 1 CP

Foods containing little or no Carbohydrate

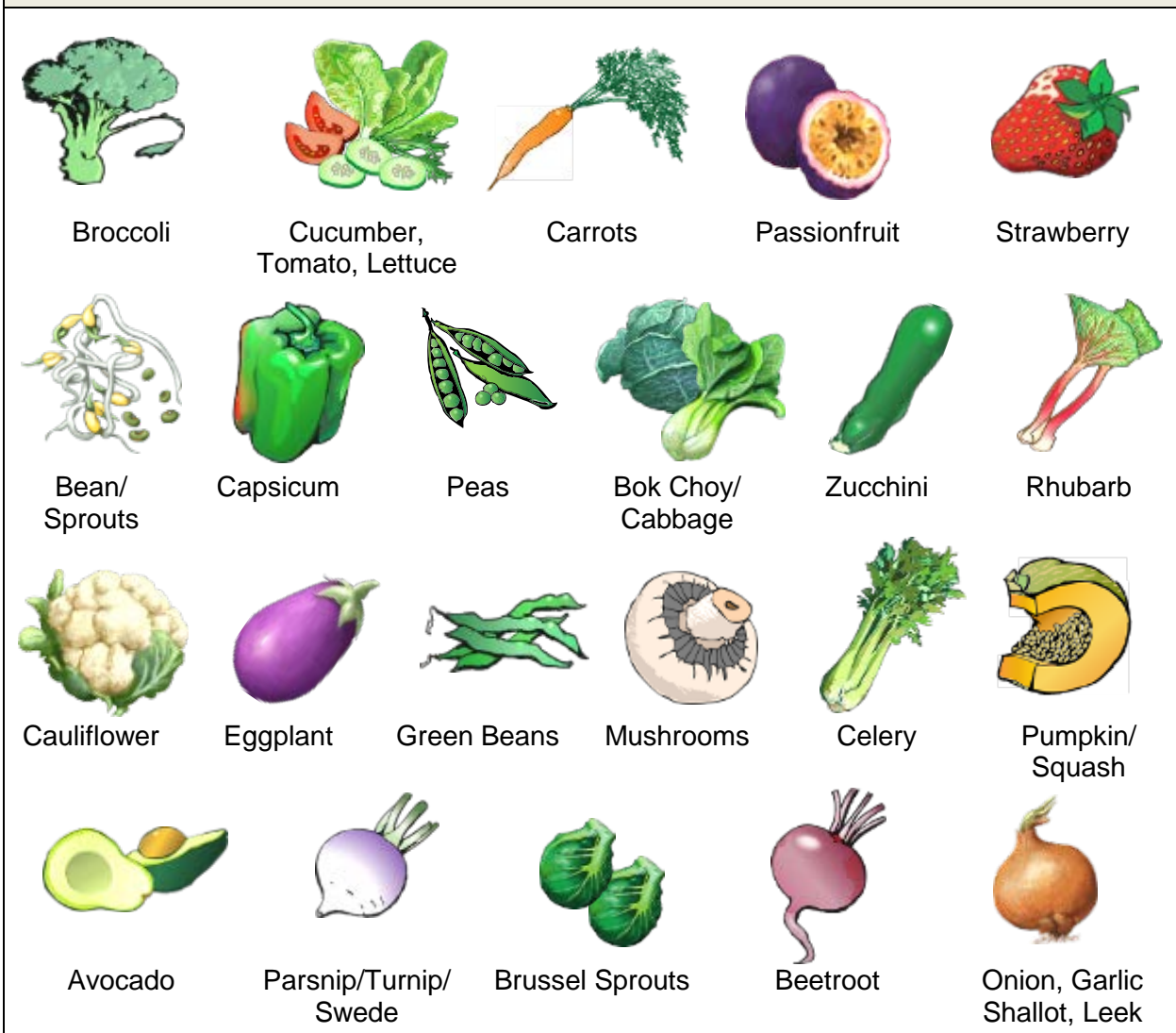
A selection of foods containing little or no carbohydrate are shown in the next 2 pages.

They can be considered to be 'free' – carbohydrate does not have to be counted unless the food is:

- Consumed in very large amounts and/or in dried form (low carbohydrate fruits and vegetables).
- Coated or mixed with other foods containing large amounts of carbohydrate, such as GF crumbs, GF batter or some GF sauces, GF marinades.

G These foods may not be gluten free. Check label and ingredients list.

Fruits and Vegetables





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Food containing little or no Carbohydrate

Flavourings, Drinks, Condiments



Herbs/Spices

(G)



Worcestershire/Tamari Sauce

(G)



Vinegar, Salad Dressing

(G)



Bonox, Bovril, Meat & Fish Paste

(G)



Low joule jam, marmalade



Low joule Jellies, Gelatine



Lemon/Lime juice



Low joule cordial



Low joule soft drink



Plain Soda/ Mineral Water



Tea



Coffee

Protein Foods



Roast



Steak



Mince



Fish



Chicken



Lamb or Pork Chop



Salmon/Tuna (plain)



Sausage/ Deli Meats

(G)



Nuts



Tofu/Tempeh (plain)



Egg



Cheese

Fats, Oils



Oils



Mayonnaise

(G)



Peanut Butter

(G)



Sour Cream (plain)



Cream



Butter



Margarine



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Suggested Meal Plan

To be completed by an Accredited Practising Dietitian.

Breakfast		
	CPs	
	Insulin	
Morning Tea		
	CPs	
	Insulin	
Lunch		
	CPs	
	Insulin	
Afternoon Tea		
	CPs	
	Insulin	
Dinner		
	CPs	
	Insulin	
Supper		
	CPs	
	Insulin	

Things I can do to improve my diabetes:

1.

2.

3.

4.

For further information contact your Dietitian or Nutritionist: _____