

Understanding the Carbohydrate Portion

1 Portion/ Exchange= 15g

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
- 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 that stated per serve in 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).

1 Carbohydrate Portion (CP) = 15g Carbohydrate

Dairy Food (except cheese and cream)					
					
1 cup (250ml) milk	½ cup (150ml) flavoured milk	½ tub flavoured yoghurt (100g)	1 200g tub natural/diet yoghurt (check label)	½ cup custard	1 large scoop ice-cream (130 ml, 70g)
Fruit					
					
1 medium apple/orange/pear (160-175g)	3 small apricots	1 small banana (120g)	20 grapes/cherries	¾ cup fruit salad	150ml juice
Starchy Vegetables					
					
½ cup boiled or 100g raw sweet potato	½ cup mashed / 1 raw medium (120g) potato	½ cup boiled/ 65g raw taro	⅓ cup boiled/ 50 g raw cassava	½ cup corn or medium cob	½ cup baked beans/ kidney beans/ lentils
Breads, Cereals, Biscuits, Flour					
					
3 crusks/ 4 vita-weat/ 1-2 plain biscuits (check label)	1 slice of bread (35g)	⅓ - ½ cup cereal, (check label) 1 ½ weet bix	¼ - ⅓ cup cooked rice, ½ cup raw rice = 5 CP	⅓ - ½ cup cooked pasta, 100g raw pasta = 4½ CP	
Extras					
					
12 regular-sized hot chips	6 squares of plain milk chocolate (30g)	150ml soft drink, 250 ml cordial	3 tsp honey/sugar		

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 significant amounts of carbohydrate, such as crumbs, batter or some sauces, marinades.

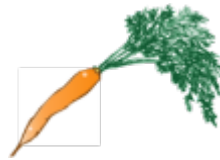
Fruits and Vegetables



Broccoli



Cucumber,
Tomato, Lettuce



Carrots



Passionfruit



Strawberry



Bean/
Sprouts



Capsicum



Peas



Bok Choy/
Cabbage



Zucchini



Rhubarb



Cauliflower



Eggplant



Green Beans



Mushrooms



Celery



Pumpkin/
Squash



Avocado



Parsnip/Turnip/
Swede



Brussel Sprouts



Beetroot



Onion, Garlic
Shallot, Leek

Foods containing little or no Carbohydrate

Flavourings, Drinks, Condiments



Herbs/Spices



Worcestershire/
Soy Sauce



Vinegar, Salad
Dressing



Vegemite, Bonox,
Bovril, Meat &
Fish Paste



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



Sausage/
Deli Meats



Nuts



Tofu/Tempeh



Egg



Cheese

Fats, Oils



Oils/
Mayonnaise



Peanut
Butter



Sour Cream



Cream



Butter



Margarine

Your 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 help manage my diabetes:

1. _____
2. _____
3. _____
4. _____
5. _____