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

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).

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

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

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

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

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

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).

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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
- ½ cup boiled/50 g raw cassava
- ¼ cup corn or medium cob
- ½ cup baked beans/ kidney beans/ lentils

### Breads, Cereals, Biscuits, Flour

- 3 cruskits/ 4 vita-weat/ 1-2 plain biscuits (check label)
- 1 slice of bread (35g)
- ½ - ½ cup cereal, (check label)
- 1 ½ weet bix
- ¼ - ½ cup cooked rice, ¼ cup raw rice = 5 CP
- ¼ - 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

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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

<table>
<thead>
<tr>
<th>Broccoli</th>
<th>Cucumber, Tomato, Lettuce</th>
<th>Carrots</th>
<th>Passionfruit</th>
<th>Strawberry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean/ Sprouts</td>
<td>Capsicum</td>
<td>Peas</td>
<td>Bok Choy/ Cabbage</td>
<td>Zucchini</td>
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<tr>
<td>Cauliflower</td>
<td>Eggplant</td>
<td>Green Beans</td>
<td>Mushrooms</td>
<td>Celery</td>
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<tr>
<td>Avocado</td>
<td>Parsnip/Turnip/ Swede</td>
<td>Brussel Sprouts</td>
<td>Beetroot</td>
<td>Onion, Garlic Shallot, Leek</td>
</tr>
</tbody>
</table>
Foods containing little or no Carbohydrate

### Flavourings, Drinks, Condiments

<table>
<thead>
<tr>
<th>Herbs/Spices</th>
<th>Worcestershire/ Soy Sauce</th>
<th>Vinegar, Salad Dressing</th>
<th>Vegemite, Bonox, Bovril, Meat &amp; Fish Paste</th>
<th>Low joule jam, marmalade</th>
<th>Low joule Jellies, Gelatine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon/Lime juice</td>
<td>Low joule cordial</td>
<td>Low joule soft drink</td>
<td>Plain Soda/ Mineral Water</td>
<td>Tea</td>
<td>Coffee</td>
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</tbody>
</table>

### Protein Foods

<table>
<thead>
<tr>
<th>Roast</th>
<th>Steak</th>
<th>Mince</th>
<th>Fish</th>
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<tbody>
<tr>
<td>Chicken</td>
<td>Lamb or Pork Chop</td>
<td>Salmon/Tuna</td>
<td>Sausage/ Deli Meats</td>
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<tr>
<td>Nuts</td>
<td>Tofu/Tempeh</td>
<td>Egg</td>
<td>Cheese</td>
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### Fats, Oils

| Oils/ Mayonnaise | Peanut Butter | Sour Cream | Cream | Butter | Margarine |

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# Your Meal Plan

To be completed by an Accredited Practising Dietitian

<table>
<thead>
<tr>
<th></th>
<th>CPs</th>
<th>Insulin</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<td><strong>Morning Tea</strong></td>
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<td><strong>Lunch</strong></td>
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<td><strong>Afternoon Tea</strong></td>
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<td><strong>Supper</strong></td>
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Things I can do to help manage my diabetes:

1. 
2. 
3. 
4. 
5. 

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