

Carbohydrate counting in grams

Please note: Carb amounts vary slightly from one reference to another. Carb counting is not an exact science. The carb amounts described are an approximate amount.

Breads and cereals



1 slice bread



1 crumpet



1 bagel



1 sandwich



1 bread roll



1 English muffin



1 cup flaky cereal



$\frac{3}{4}$ cup flaky cereal with fruit



$\frac{1}{2}$ cup muesli



$\frac{1}{4}$ cup raw oats



$\frac{3}{4}$ cup oats cooked in water



1 wheat biscuit

Pasta, noodles, rice and grains



1 cup cooked pasta



1 cup cooked quinoa



1 cup cooked rice



1 cup cooked couscous

Dairy



1 cup (250ml) regular,
lite or soy milk



1 tub (200g) natural/
diet yoghurt



1 tub (200g) fruit yoghurt

Fruit



1 medium apple



1 medium orange



1 medium pear



1 small banana



2 kiwi fruit



2 mandarins



2 small peaches
or nectarines



½ medium mango



15 grapes



2 thick slices
of watermelon



1 tablespoon sultanas



150ml fruit juice

Starchy vegetables and legumes



15g

1 medium potato (150g)



15g

100g sweet potato



15g

1/2 cup mashed potato



15g

1 medium corn cob



15g

1/2 cup corn kernels



15g

3/4 cup cooked lentils



15g

1/2 cup baked beans



15g

1/2 cup cooked kidney beans



15g

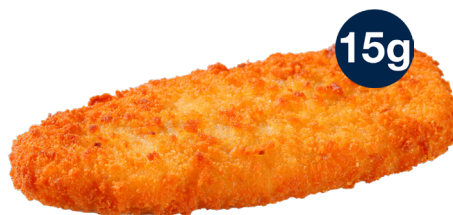
1/2 cup cooked chickpeas

Crumbed meat and fish



30g

Medium crumbed schnitzel



15g

Frozen fish fillet



20g

Medium battered fish



15g

6 chicken nuggets

Fast food



30g

Burger, standard
bread roll

45g

Burger, large
bread roll

45g

Large sausage roll



15g

Party-size
sausage roll

40g

Meat pie



40g

Large fries



35g

Medium fries



25g

Small fries



15g

Thin pizza slice



25g

Thick pizza slice



20g

Sushi lunch roll



15g

2 sushi pieces

Biscuits, cakes and popcorn



30g

Sweet muffin, small



60g

Sweet muffin, large



15g

3 cups popcorn

Biscuits, cakes and popcorn



10 rice crackers



3 rice or corn thins



4 medium wheat crackers



6 small crackers



2-3 plain sweet biscuits



1 chocolate biscuit

Sugar, spreads and sauces

1 level
tablespoon jam4 level teaspoons or
1 tablespoon sugar4 heaped teaspoons
chocolate drinking powder1 level tablespoon BBQ
or sweet chili sauce

Confectionary, snack foods and drinks



4 squares milk chocolate



1 cup (30g) potato crisps



375ml can soft drink

Diabetes Victoria provided images for this resource.