

Daily meal guide

Discuss this guide with your dietitian
Snacks may not be needed

BREAKFAST _____grams

SNACK _____grams

LUNCH _____grams

SNACK _____grams

DINNER _____grams

SNACK _____grams

Introducing carb counting in grams

Approximate carb values in grams (g) shown below

Dairy (except cheese/cream)



15g

1 cup (250ml)
milk



25g

1 tub (200g)
fruit/ flavoured yoghurt



10g

1 tub (200g)
'diet' or natural yoghurt



15g

1/2 cup
low-fat custard

Fruit



15g

1 medium
apple/orange/pear



15g

3/4 cup (150ml)
fruit juice



15g

3 apricots



15g

1 small
banana



15g

15 grapes



15g

1 cup
fresh fruit salad

Starchy vegetables and legumes



15g

1 medium (150g) potato/
1/2 cup mashed



15g

100g sweet potato



15g

1/2 cup corn kernels/
1 medium cob



15g

1/2 cup baked beans/
kidney beans

Breads, cereals and grains



15g

1 slice bread/
1/2 bread roll



30g

1/2 cup muesli/
3/4 cup flaky cereal



10g

1 wheat
biscuit



50g

1 cup
cooked rice



40g

1 cup
cooked pasta



15g

4 medium
wheat crackers/
10 rice crackers