

# Understanding the Carbohydrate Portion

## 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
- 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) = 10g Carbohydrate

## Dairy Food (except cheese and cream)



200 ml milk  
= 1 CP



100 ml  
flavoured milk  
= 1 CP



¼ - ½ 200g tub  
flavoured  
yoghurt = 1 CP  
(check label)



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



⅓ cup boiled  
or 70g raw  
sweet potato =  
1 CP



⅓ cup mashed/  
½ large (80g)  
raw 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

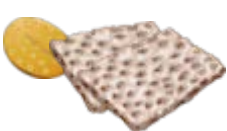


⅓ cup corn or  
⅔ medium  
cob corn  
= 1 CP



⅓ cup baked  
beans/ kidney  
beans/ lentils  
= 1 CP

## Breads, Cereals, Biscuits, Flour



2 cruskits/ 3 vita-  
weat/ 1 plain  
biscuit = 1 CP  
(check label)



1 slice of bread  
(35g)  
= 1 ½ CP



1 cup cereal  
= 2-6 CP (check  
label), 1 weet-bix  
= 1 CP



1 cup cooked rice,  
= ~ 5 CP,  
½ cup raw rice  
= 8 CP



1 cup cooked  
pasta = ~ 4 CP  
100g raw pasta  
= 7 CP

## Extras



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 dried (low carbohydrate fruits and vegetables).
- Coated or mixed with other foods containing significant amounts of carbohydrate, such as crumbs, batter or some sauces, marinades.

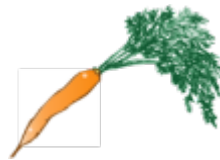
### Fruits and Vegetables



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.

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2.

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3.

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4.

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5.

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