



Understanding the Carbohydrate Portions in Gluten Free Foods

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 , Living with Diabetes and Coeliac Disease
- 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 the serving size on 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).

Is it Gluten Free?






























- Restaurants – see Coeliac Society Australia website or phone ahead.
- Check the Ingredients using Apps e.g. The Coeliac Society of Australia Ingredient List, Go Scan; or Books e.g. Living Gluten-Free for Dummies



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1 Carbohydrate Portion (CP) = 15g Carbohydrate

(G) These foods may not be gluten free. Check label and ingredients list.

Dairy Food (except cheese and cream)					
		 (G)	 (G)	 (G)	 (G)
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					
					 (G)
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					
 (G)					
2 thick/3 thin rice cakes, 10 rice crackers	1 slice of GF bread	1 large GF tortilla/taco, ½ GF wrap	⅓ - ½ cup GF cereal (check label)	¼ - ⅓ cup cooked plain rice, ½ cup raw plain rice = 5 CP	⅓ - ½ cup cooked GF pasta, 100g raw GF pasta = 4 ½ CP
Extras					
 (G)	 (G)				
12 regular-sized hot chips	6 squares of plain milk chocolate (30g)	150ml soft drink, 250 ml cordial		3 tsp honey/sugar	

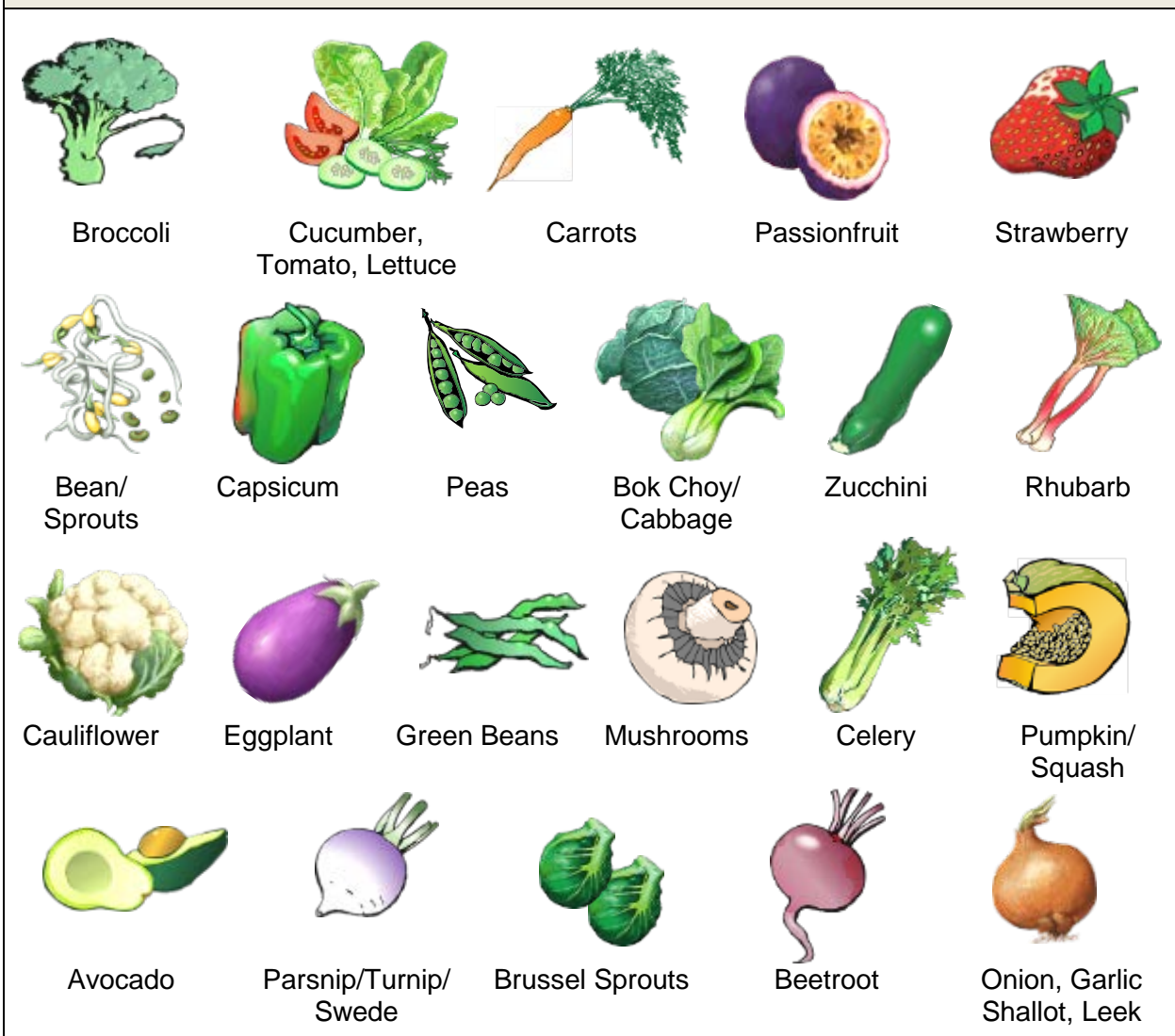
Foods containing little or no Carbohydrate

Some 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 large amounts of carbohydrate, such as GF crumbs, GF batter or some GF sauces, GF marinades.

G Indicates foods that may not be gluten free. Check label and ingredients list.

Fruits and Vegetables





























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Food containing little or no Carbohydrate








Flavourings, Drinks, Condiments

 (G)	 (G)	 (G)	 (G)		
Herbs/Spices	Worcestershire/Tamari Sauce	Vinegar, Salad Dressing	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
		 (G)	
Chicken	Lamb or Pork Chop	Salmon/Tuna (plain)	Sausage/Deli Meats
			
Nuts	Tofu/Tempeh (plain)	Egg	Cheese

Fats, Oils

	 (G)	 (G)				
Oils	Mayonnaise	Peanut Butter	Sour Cream (plain)	Cream	Butter	Margarine



Suggested 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 improve my diabetes:

1.

2.

3.

4.

For further information contact your Dietitian or Nutritionist: _____