

# Basic carbohydrate counting booklet



**Disclaimer:** Every effort and care has been taken in obtaining and calculating the carbohydrate content of foods in compiling this resource. All measurements are approximate. As food manufacturers continue to modify their products it is important to check the carbohydrate content from the nutritional information panel when possible.

Data was obtained from the Concise New Zealand Food and Crop Tables, 12<sup>th</sup> edition and from the nutritional information panels on food products.

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# Introduction

This booklet is designed to help you work out the carbohydrate content of the food and drink that you choose to have so that you can match the correct insulin dose with it.

Remember that it is not only the food you eat at mealtimes that may contain carbohydrate and require insulin, but also any snacks and drinks chosen between meals or before bed. These need to be noted in your diary or food records.

Some carbohydrate foods have little or no effect on blood glucose levels (BGL), for example very low glycaemic index (GI) foods (e.g. pulses, nuts, and most vegetables).

This booklet excludes non-carbohydrate foods such as meat, poultry, cheese, fats, oils, butter, margarine, cream, mayonnaise, which do not need to be covered with insulin.

## Standard Measures / Abbreviations

- 1 cup (C) as described in this list refers to a standard metric 250ml
- 1 Tablespoon (Tbsp) refers to a metric tablespoon (15 ml)
- 1 Teaspoon (tsp) refers to a metric teaspoon (5 ml)
- g = gram
- 1 inch = 2.5cm
- 1 oz = 28g
- 1 lb = 16oz
- CHO = Carbohydrate
- N/A = Not applicable

**Note:** CHO = carbohydrate

\* - Refers to estimated carbohydrate

**N/A** – carbohydrate content not available

*Please be aware that companies may change the ingredients and amounts. Always read the label.*

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# Carbohydrate Foods

## Hypoglycaemia (Hypo) Treatments

Product (reference weight of quantity)	Quantity	CHO
Fruit juice	150ml	15
Full sugar soft drink	150ml	16
Glucose tablets	5 tablets	15
Hypofit Gel (15ml)	1 sachet	16
Jelly beans (16g)	8 standard size	15
Jet planes (17g)	2 standard size	14
Lucozade original	100ml	14
Mentos (16g)	6 pieces	15
Skittles (16g)	13 pieces	15
Wine gums (20g)	8 pieces	17

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## Baked Products / Cakes

Product (reference weight of quantity)	Quantity	CHO
Anzac Biscuit (25g)	1 small	14g
Apple Shortcake (100g)	1 large slice	26g
Banana Cake - not iced, average (85g)	1 slice	39g
Biscotti (15g)	1 small	11g
Brandy Snap (16g)	1	13g
Brownie		
<b>Ernest Adams</b> Chocolate (44g)	1 slice	24g
Peanut, 7cm diameter (22g)	1 biscuit	14g
Chocolate Cake		
Iced, average (61g)	1 slice	28g
Not iced, average (59g)	1 slice	30g
Chocolate Caramel Slice (50g)	1 small	30g
Christmas Fruit Mince Pie		
Mini, no lattice top (20g)	1	11g
Regular, with lattice top (60g)	1	36g
Custard Square (75g)	1	35g
Danish Pastry (52g)	1	20g
Doughnut, ring, 2.5 x 8.5cm (42g)	1	18g
Éclair, Chocolate iced, cream (42g)	1	13g
Fruit Cake		
Rich, not iced, 7.5 x 5 x 1.5cm (45g)	1	25g
Rich, iced, 7.5 x 5 x 1.5cm (45g)	1	27g
Ginger Slice, <b>Ernest Adams</b> (38g)	1 slice	24g
Lamington, Chocolate, 2.5 x 8.5cm (140g)	1	75g
Meringue (16g)	1 regular	14g
Meringue (25g)	1 large	23g
Muffin, fruit, 6 - 7cm diameter (124g)	1 medium	48g
Pastry Case, sweet (45mm shell)	1 small	6g
Pavlova, cream top (100g)	1	49g
Pikelets, plain, 1.5 x 9cm (40g)	1 large	18g
Scone, date (85g)	1 medium	41g
Shortbread (13g)	1	7g

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## Biscuits / Crackers / Crispbreads

Product (reference weight of quantity)	Quantity	CHO
<b>Quick estimates:</b>		
Biscotti (11g)	1	8g
<b>Biscuits</b>		
Chocolate Chip (10g)	1	7g
Gingernuts (13g)	1	11g
Plain Sweet (18g)	2	12g
Shortbread (20g)	1	12
Tim Tam / Chit Chat (18g)	1	12g
<b>Crackers</b>		
Rice	6 round crackers	7g
	1 row (25g)	20g
Snax/ Jatz / Ritz (16g)	4	10
Wholegrain (23g)	4	15g
<b>Arnott's</b>		
Cruskits (12g)	2	9g
Salada, Original, Light (14g)	1 large (4 small)	10g
<b>Real foods</b>		
Corn thins - (12g)	2	9g

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## Breads

Product (reference weight of quantity)	Quantity	CHO
<b>Quick estimates:</b>		
Multigrain, 'lite' (27g)	1 medium slice	13g
Multigrain, heavy (37g)	1 medium slice	17g
White, toast (32g)	1 slice	15g
White, medium/sandwich (29g)	1 slice	14g
Wholemeal (38g)	1 medium slice	16g
Bagels (90g)	1	50g
<b>Bread Rolls</b>		
Long, white, supermarket (77g)	1	35g
Long, wholemeal, supermarket (53g)	1	24g
Mixed grain, supermarket (65g)	1	25g
White, supermarket (49g)	1	26g
Hamburger Bun (70g)	1	35g
Finger bun, pink icing (85g)	1	51g
Fruit bun (65g)	1	39g
<b>Chapatti/Roti</b>		
Thin (47g)	1	22g
Thin, homemade, 20cm (38g)	1	17g
Thick, takeaway (75g)	1	36g
<b>Punjas</b> Traditional Roti (40g)	1	25g
<b>Croissant</b>		
Plain (40g)	1 small	16g
Plain (80g)	1 large	32g
<b>Crumpets</b>		
Round (45g)	1	19g
Square (71g)	1	22g
Dough Boys, uncooked, golf ball size (34g)	1	15g
English Muffins	1	25g
Focaccia, 1/8 of 23cm round (50g)	1	21g
<b>French Bread</b>		
French Stick (25g)	1 medium slice	12g
French Stick, 1/3 length (100g)	1 large serve	47g
<b>Hot Cakes</b>		
Regular hot cakes (55g)	1	20g
Mini, 4 cakes (30g)	1	14g
Hot Cross Bun (55g)	1	32g

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## Breads continued

Product (reference weight of quantity)	Quantity	CHO
Naan Bread (100g)	1 large	44g
Lebanese Bread, wholemeal (80g)	1	38g
Panini, plain (100g)	1	47g
Pita Bread (43g)	1	21g
White (43g)		
Wholemeal (43g)	1	21g
Rewena Bread (100g)	1 slice	69g
Taco Shells, <i>Old El Pasco</i> (13g)	1 shell	8g
Tortillas (45g)		23g
Scrolls		
<b><i>Baker's Delight</i></b> Apple and Walnut Scroll (165g)	1	81g
<b><i>Baker's Delight</i></b> Sticky Cinnamon Scroll (93g)	1	52g
<b><i>Baker's Delight</i></b> Cheeseymite scroll (110g)	1	25g
Wraps		
Small (38g)	1	17g
Medium (47g)	1	23g
Large (58g)	1	28g

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# Breakfast Cereals

Product (reference weight of quantity)	Quantity	CHO
<i>! When counting cereal, remember to include carbohydrate of milk added !</i>		
<b>Quick estimates:</b>		
Cornflakes (30g)	1 cup	25g
Granola (50g)	½ cup	24g
Granola – Low carbohydrate (50g)	½ cup	7g
Muesli (natural) (55g)	½ cup	35g
Muesli (toasted) (60g)	½ cup	35g
Oats		
Porridge, made with milk (260g)	1 cup	33g
Porridge, made with water (260g)	1 cup	21g
Rolled Oats, raw (45g)	1/2 cup	25g
Rice bubbles / Ricies (30g)	1 cup	26g
<b>belVita</b>		
Breakfast Biscuits (50g)	4 biscuits	34g
<b>Uncle Toby's</b>		
Oat singles, plain (34g)	1 sachet	19g
Oats singles, flavoured (35g)	1 sachet	23g
<b>Kellogg's</b>		
All-Bran, Original (45g)	1/2 cup	22g
Special K Original (40g)	1 cup	28g
Sultana Bran (45g)	3/4 cup	28g
Nutri-Grain (40g)	1 cup	27g
Coco Pops (30g)	2/3 cup	26g
<b>Sanitarium</b>		
Fibre Life, Bran Flakes (45g)	3/4 cup	23g

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## Dairy Products

Product (reference weight of quantity)	Quantity	CHO
Buttermilk – <b>Tararua</b> (250ml)	1 cup	10g
Coconut Milk - <b>Trident</b> Light (400ml)	60ml	3g
Evaporated Milk – <b>Carnation</b> Lite and Creamy (375ml)	1 can	47g
Ice-Cream		
Vanilla, standard (70g)	½ cup	14g
Vanilla, low-fat (68g)	½ cup	14g
Vanilla, premium (70g)	½ cup	13g
Hokey Pokey (79g)	½ cup	18g
<b>Zilch</b> Reduced-fat, chocolate (57g)	100ml	3g
Ice-cream Cone		
Single, plain, wafer type, 4g	1	3g
Snowdon Honey/Waffle, 12g	1	9g
Milk		
Low fat/trim (250ml)	1 cup	13g
Standard/whole milk (250ml)	1 cup	12g
Soy milk, lite (250ml)	1 cup	10g
Almond milk, original (250ml)	1 cup	9g
Almond milk, unsweetened (250ml)	1 cup	0.8g
Rice milk (250ml)	1 cup	24g
Milkshakes		
Whole milk, average flavours (300ml)	1	19g
Thick shake (300ml)	1	50g
Yoghurt		
<b>De Winkel</b> Plain Unsweetened (150g)	150g	1g
<b>Easy-Yo</b> Reduced Fat, Natural, 200g	¾ cup	13g
<b>Fresh 'n' Fruity</b> Natural, Greek (150g)	150g	11g
<b>Fresh 'n' Fruit</b> , Regular, Fruit of the Forest (150g)	150g	20g
<b>Naturelea</b> Plain Unsweetened (125g)	125g	5g

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## Desserts / Sweets

Product (reference weight of quantity)	Quantity	CHO
Apple Crumble (250g)	1 cup	80g
Bread and butter pudding, baked (250g)	1 cup	40g
Chocolate		
Chocolate, assorted, fancy, filled (5g)	1	3.5g
Dark chocolate (25g)	2 pieces	16g
Dairy Milk, small bar (50g)	1 small	28g
Christmas pudding (132g)	½ cup	69g
Creamed Rice pudding, canned (210g)	210g	37g
Fresh fruit salad (237g)	1 cup	28g
Fruit pie, 1 crust, 6 x 6 x 2cm (87g)	1 serve	23g
Jelly, regular, all flavours (140g)	½ cup	20g
Lemon Meringue pie (100g)	1 large serve	34g
Pastry		
Filo, ready rolled, 21g	2 sheets	15g
Flakey, 8 x 8 x 0.5cm, 34g	1 sheet	12g
Puffed, ready rolled, 125g	1 sheet	47g
Pavlova, cream topped (60g)	1 serve	29g
Rice Pudding, homemade (250g)	1 cup	45g
Sponge pudding (fruit), steamed (90g)	1 serve	42g
Trifle (180g)	1 cup	40g

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## Drinks

Product (reference weight of quantity)	Quantity	CHO
Chocolate Drinks		
Drinking Chocolate (3g)	1 teaspoon	2g
<b>Milo</b> (15g)	3 teaspoons	10g
<b>Ovaltine</b> (15g)	3 teaspoons	12g
Coffee		
Café Latte (350ml)	1 cup	14g *
Cappuccino (200ml)	1 cup	5g *
Flat White (200ml)	1 cup	6g *
<b>Note:</b> Serving size and strength of coffee varies greatly. On average, approximately 70% of a cup of coffee is milk		
Fruit Juice, <b>Just Juice, 50% less sugar</b> (250ml)	1 glass	12g
Soft drink, standard (250ml)	1 glass	27g
<b>Note:</b> Energy drinks vary depending on brands – read the label		
Tomato Juice (250ml)	1 glass	12g

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## Eating Out

Product (reference weight of quantity)	Quantity	CHO
Falafel, vegetarian (5cm)	1 ball	6g
Fish cake, baked (76g)	1	15g
Fish pie (220g)	1 cup	26g
Kebab (Pita bread, Hummus, salad, chicken)	1 small	24g
Kumara chips, deep fried (100g)	1 cup	31g
Lasagne, beef, mince, 3 x 5cm (310g)	1	23g
Macaroni, cheese (258g)	1 cup	29g
Meat pie (172g)	1	31g
Pizza, Hawaiian, thick crust, 1/8 pizza (97g)	1 slice	33g
Poppadom ( 10g)	1	5g
Potato salad (238g)	1 cup	33g
Quiche Lorraine, 22.5cm diameter (263g)	¼ pie	30g
Rice salad (244g)	1 cup	47g
Sausage roll (124g)	1 large	33g
Savoury Pastries		
Bacon & Egg, pastry case (55g)	1 mini pie	9g
Mince savoury, pastry top (50g)	1 mini pie	5g
Cottage savoury, potato top (70g)	1 mini pie	5g
Sausage roll (41g)	1 small	11g
Shepherd's pie, 23cm diameter (115g)	1/8 pie	9g
Tabouleh salad (169g)	1 cup	18g

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## Fast Foods (varies widely)

*Carbohydrate content of these foods varies widely depending on different brands and ingredients used. Look on company websites / ask for nutrition information at counters or read labels for most accurate information.*

Product (reference weight of quantity)	Quantity	CHO
<b>Chinese</b>		
Chop Suey –Chicken or lean meat, stir fried (253g)	1 cup	14g
Chow Mein		
Lean beef, fat, stir fried (253g)	1 cup	11g
Chicken (253g)	1 cup	19g
Combination (253g)	1 cup	20g
Fried Rice (209g)	1 cup	62g
Sweet and Sour Pork (195g)	1 cup	40g
<b>Fish and Chips</b>		
Battered fish (146g)	1 medium	22g
Hot chips (95g)	1 cup	34g
<b>Japanese</b>		
8 pack sushi (large pieces)	1 pack	75-83g
1 teriyaki chicken on rice (240g)	1 portion	77g
<b>KFC</b>		
Original recipe chicken 2 piece (164g)	2 piece	8g
Zinger burger (208g)	1 burger	50g
Potato & Gravy, regular (120g)	1 regular	13g
<b>McDonald's</b>		
Big Mac (200g)	1	39g
Hamburger (92g)	1	30g
Cheeseburger (108g)	1	30g
Quarter Pounder	1	35g
McChicken	1	40g
Chicken Nuggets	1	3g
Fries, Large serve (123g)	1 large	45g
Medium serve (97g)	1 medium	35g
Small serve (71g)	1 small	26g
<b>Pita Pit</b>		
Plain, Chicken Caesar, salad (excludes cheese, sauce)	1 regular	43g
Plain, Falafel, salad (excludes cheese, sauce)	1 regular	55g
<b>Pizza Hut</b>		
Thin 'n Crispy, Large slice	1 slice	15g
Classic Crust, Large slice	1 slice	18g
Pan Crust, Large slice	1 slice	22g

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Product (reference weight of quantity)	Quantity	CHO
<b>Subway</b>		
6 inch sandwich (Ham, roast beef, turkey)	1 sandwich	39g
6 inch wrap (Ham, roast beef, turkey)	1 wrap	36g
<b>Indian</b>		
Butter Chicken Curry (225g)	1 cup	10g
Lentil Dhal (180g)	1 cup	29g
Lamb Rogan Josh (175g)	3/4 cup	7g
Onion bhaji (35g)	1 small	8g

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# Fruit

*Figures apply to edible portion unless stated otherwise. Figures for banana and oranges including skin are estimates only, as they are affected by the thickness of the skin.*

**Note: All / canned stewed fruit is without added sugar.**

Product (reference weight of quantity)	Quantity	CHO
Apple		
Fresh (140g)	1 medium	14g
Stewed (90g)	1/2 cup	7g
Apricots		
Fresh (54g)	1 medium	5g
Stewed, unsweetened (130g)	1/2 cup	7g
Dried (35g)	10 halves	17g
Banana <b>(without skin)</b>		
Bobby (60g)	1 small	15g
Medium (117g)	1 medium	28g
Large (154g)	1 large	38g
Banana <b>(with skin)</b>		
Bobby (105g)	1 small	15g
Medium (183g)	1 medium	28g
Large (239g)	1 large	38g
Blackberries		
Fresh (123g)	1 cup	12g
Frozen (160g)	1 cup	12g
Blackcurrants		
Frozen, unsweetened (59g)	1/2 cup	4g
Blueberry		
Fresh (120g)	1 cup	21g
Frozen, unsweetened (164g)	1 cup	20g
Boysenberries		
Fresh (133g)	1 cup	10g
Frozen, unsweetened (140g)	1 cup	9g
Cherries - Fresh (67g)	10	9g
Cranberries		
Frozen (55g)	1/2 cup	2g
Craisins, dried, sweetened (10g)	1 tablespoon	8g
Currants - Dried (77g)	1/2 cup	52g
Dates		
Dried (83g)	10	56g
Chopped, dried (94g)	1/2 cup	64g

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Product (reference weight of quantity)	Quantity	CHO
Dried Fruit – mixed (174g)	1 cup	118g
Feijoas - Fresh, flesh (50g)	1 average	4g
Figs		
Whole, dried (16g)	1	9g
Chopped, dried (105g)	1/2 cup	58g
Grapefruit - Fresh (236g)	1	12g
Grapes (black, red, green)		
Fresh (54g)	10	8g
Kiwifruit		
Fresh, without skin (90g)	1 medium	8g
Fresh, with skin (115g)	1 medium	8g
Loganberries – Fresh (156g)	1 cup	5g
Mandarin – Fresh (60g)	1 small	6g
Mango		
Fresh (203g)	1	30g
Fresh, sliced (176g)	1 cup	26g
Melon		
Honeydew (172g)	1 cup diced	17g
Rockmelon (168g)	1 cup diced	11g
Watermelon, fresh (213g, including skin)	1 slice	11g
Mixed Berries – Frozen (100g)	1 cup	7g
Nashi Pear – Fresh (130g)	1	12g
Nectarine – Fresh (143g)	1 medium	11g
Orange		
Fresh, without skin 155g	1 medium	14g
Fresh, with skin, 205g	1 medium	14g
Papaya – Fresh (100g)	1/4 fruit	7g
Passionfruit – Fresh (18g)	1 medium	1g
Peach		
Fresh (138g)	1 small	10g
Canned, natural juice (130g)	1/2 cup	12g
Dried (61g)	1/2 cup	31g
Pear		
Fresh (148g)	1 small	17g
Canned, natural juice (129g)	1/2 cup	11g
Persimmon		
Fresh, flesh, no stones (145g)	1 medium	22g
Fresh, with skin (200g)	1 medium	22g

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Product (reference weight of quantity)	Quantity	CHO
Pineapple – Fresh (110g)	1 slice	12g
Plums		
Fresh (49g)	1 small	7g
Stewed (132g)	1/2 cup	9g
Prunes		
Dried (84g)	10	37g
Stewed (112g)	1/2 cup	26g
Raisins		
Dried (15g)	1 tablespoon	10g
Dried (69g)	1/2 cup	46g
Raspberries – Fresh (136g)	1 cup	6g
Rhubarb – Stewed (265g)	1 cup	3g
Strawberries		
Fresh, chopped (158g)	1 cup	10g
Fresh (28g)	5	2g
Sultanas - Dried (15g)	1 Tbsp	10g
Tamarillo		
Red, flesh (75g)	1small	3g
Red, fresh, with skin (95g)	1 small	3g
Tangelo, Fresh (90g)	1 small	6g

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## Grains / Pasta / Rice

Product (reference weight of quantity)	Quantity	CHO
Bulgur wheat - Boiled (265g)	1 cup	46g
Couscous		
Dry (100g)	1/2 cup	72g
Cooked (120g)	2/3 cup	28g
Hummus (15g)	1 tablespoon	1g
Instant noodles, <b>Maggi 2-minute</b> , prepared (380g)	1 serve	41g
Millet - Cooked (138g)	1 cup	32g
Buckwheat, raw (85g)	1/2 cup	61g
Noodles		
Egg, boiled (169g)	1 cup	22g
Rice Noodles/Vermicelli, boiled (116g)	1 cup	19g
Pasta		
Plain, dried, uncooked (100g)	1 cup	74g
Plain, dried, cooked (140g)	1 cup	40g
Fresh, assorted (150g)	1 cup	36g
Quinoa - Cooked (193g)	1 cup	33g
Spaghetti		
Dry (100g)	1/4 pkt	75g
Boiled (148g)	1 cup	35g
Rice		
Basmati rice, uncooked (100g)	1/2 cup	77g
Rice, white, boiled (145g)	1 cup	40g
Rice, brown, boiled (168g)	1 cup	45g
<b>Uncle Ben's</b> Brown Basmati rice pouch (125g)	1/2 bag	30g
<b>Uncle Ben's</b> White rice pouch (125g)	1/2 bag	38g
Sago		
Dry, uncooked (100g)	1/2 cup	84g
Cooked (265g)	1 cup	18g
Semolina		
Dry, uncooked (35g)	4 tablespoons	23g
Cooked, milk, sugar (245g)	1 cup	15g
Soya Beans, dried, boiled (185g)	1 cup	3g
Tinned Spaghetti		
<b>Wattie's</b> Spaghetti in Tomato Sauce (300g)	1 tin	41g
<b>Wattie's</b> Spaghetti 'Lite' in Tomato Sauce (210g)	½ tin	27g
Quinoa, cooked (150g)	1 cup	26g
Tofu, raw (126g)	½ cup	5g

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## Home Baking

Product (reference weight of quantity)	Quantity	CHO
Baking powder (5g)	1 tsp	1g
Breadcrumbs (125g)	1 cup	83g
Chocolate (chips, drops, melts) (175g)	1 cup	106
Cocoa powder 15g 50g	1 Tbsp ½ cup	2g 12g
Cornflour (15g)	1 Tbsp	13g
Cream of tartar (5g)	1 tsp	2g
Custard powder (15g)	1 Tbsp	8g
Desiccated coconut (90g)	1 cup	7g
Flour		
Coconut (110g)	1 cup	64g
Chickpea (90g)	1 cup	53g
Millet (120g)	1 cup	90g
Rice (171g)	1 cup	127g
Semolina (160g)	1 cup	106g
White plain (10g)	1 Tbsp	7g
White plain (137g)	1 cup	99g
Wholemeal (124g)	1 cup	76g
Frosting (icing)	100g	87g
Glace cherries	50g	35g
Golden syrup (21g)	1 Tbsp	14g
Ground almonds (almond meal) (100g)	1 cup	4g
Maple syrup (21g)	1 Tbsp	12g
Molasses (21g)	1 Tbsp	14g
Pastry		
Filo, ready rolled, 21g	2 sheets	15g
Flakey, 8 x 8 x 0.5cm, 34g	1 sheet	12g
Puffed, ready rolled, 125g	1 sheet	47g
Sugar		
Brown (4g)	1 tsp	4g
Brown (100g)	1/2 cup (packed)	99g
Caster (218g)	1 cup	218g
Coconut (200g)	1 cup	185
Icing (3g)	1 tsp	3g
White (4g)	1 tsp	4g
White (15g)	1 Tbsp	15g
White (214g)	1 cup	214g

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## Home Baking continued

Product (reference weight of quantity)	Quantity	CHO
Sweetened condensed milk (395g)	1 tin	220g
Treacle (20g)	1 Tbsp	15g
Yeast (5g)	1 tsp	2g

## Mayonnaise / Sauces / Salad Dressings / Chutney

Product (reference weight of quantity)	Quantity	CHO
Chutney		
<b>Barker's</b> Sundried Tomato & Olive (10g)	10g	3g
<b>Barker's</b> Ploughmans (10g)	10g	4g
Gravy		
Dried, assorted, prepared with water (63mL)	1/ 4 cup	3g
Hummus		
<b>Lisas</b> , original plain (100g)	1/2 tub	21g
<b>Lisas</b> , original plain (15g)	1 tablespoon	3g
<b>Just Hummus</b> , original (88g)	1/2 tub	12g
<b>Just Hummus</b> , original (15g)	1 tablespoon	2g
Mayonnaise		
Original (25g)	2 tablespoons	5g
Reduced fat (25g)	2 tablespoons	6g
Pasta Sauce		
<b>Heinz</b> Pasta Sauce, Tomato & Basil (130g)	130g	12g
<b>Dolmio</b> Pasta Sauce, Classic Tomato (125g)	125g	12g
Salad Dressing		
French/Italian dressing (15g)	1 tablespoon	1g
Sauces		
Sweet Chilli sauce (18g)	1 tablespoon	9g
Tomato sauce/Ketchup (18g)	1 tablespoon	4g
White Sauce		
Homemade (18g)	1 tablespoon	2g

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## Nuts / Seeds

Product (reference weight of quantity)	Quantity	CHO
Almonds		
Raw (12g)	10	1g
Brazil nuts		
Raw (38g)	10	1g
Cashew nuts		
Raw (30g)	1 small handful	5g
Hazelnuts		
Raw, chopped (137g)	1 cup	7g
Linseeds		
Raw (28g)	3 tablespoons	11g
Macadamia nuts		
Oil, roasted (144g)	1 cup	15g
Peanuts		
Raw (30g)	1 small handful	1g
Pecan nuts		
Raw (28g)	20 halves	4g
Pistachio nuts		
Raw (130g)	1 cup	10g
Pumpkin Seeds		
Roasted, salted (15g)	1 tablespoon	2g
Sesame Seeds		
Raw (9g)	1 tablespoon	1g
Sunflower Seeds		
Roasted, unsalted (144g)	1 cup	25g
Walnuts		
Raw (114g)	1 cup	5g

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## Snack Foods

Product (reference weight of quantity)	Quantity	CHO
Bhuja mix (75g)	1 cup	35g
Corn chips (50g)	1 small pkt	28g
<b>Mother Earth</b> Baked Oaty slices, Choc chip (40g)	1 bar	22g
<b>Nature Valley</b> Crunchy bars, Oats & Honey (42g)	2 bars	25g
<b>Nice &amp; Natural</b> Natural Nut bar, Trail mix (32g)	1 bar	16g
Potato chips, assorted flavours, salted (40g)	1 small pkt	17g
Popcorn,		
Caramel (13g)	1 cup	10g
Plain popped (11g)	1 cup	6g
Movies portions		
Small (92g)	7cups	40g
Medium (157g)	10cups	68g
Large (198g)	13cups	86g
Extreme (334g)	20cups	145g
Pretzels, salted (30g)	30g	19g

## Soups

Product (reference weight of quantity)	Quantity	CHO
Thick Soup		
<b>Maggi</b> Chicken, powder (10g)	1 pkt	7g
<b>Wattie's</b> Chicken and Corn, heated (250ml)	1 cup	9g
<b>Watties'</b> Tuscan Tomato, heated (250ml)	1 cup	12g
<b>Good Taste</b> Creamy pumpkin soup, heated (300g)	1 large cup	35g
<b>Continental</b> Chicken noodle soup (250ml)	1 cup	25g
Lentil soup (258ml)	1 cup	26g
Pumpkin soup (250ml)	1 cup	25g
<b>Note: Asian style or vegetable (thin) soups have minimal carbohydrates</b>		

## Spreads

Product (reference weight of quantity)	Quantity	CHO
Chocolate spread (15g)	1 Tbsp	9g
Honey (21g)	1 Tbsp	17g
Jam, berry fruit (16g)	1 Tbsp	11g
Lemon curd (17g)	1 Tbsp	5g
Marmalade (16g)	1 Tbsp	11g

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# Vegetables

Product (reference weight of quantity)	Quantity	CHO
Beetroot		
Canned, drained, sliced (10g)	1 slice	1g
<b>Golden Circle</b> Whole Baby Beets (75g)	4 small	9g
Beetroot - fresh		
Raw (82g)	1 medium	7g
Baked (67g)	1 medium	7g
Boiled (76g)	1 medium	7g
Carrots		
Sliced, boiled, drained (146g)	1 cup	11g
Fresh (129g)	1 medium carrot	8g
Corn		
Sweet, kernels, frozen, boiled (173g)	1 cup	14g
Corn on Cob (265g)	1 medium cob	24g
<b>Wattie's</b> Creamed style corn (100g)	1/4 tin	17g
Green Banana (Plantain)		
Cooked, boiled (140g)	1 small	37g
Kumara		
Red, boiled (157g)	1 small	28g
Roasted red flesh (108g)	1/2 cup	23g
Orange, roasted (167g)	1 small	29g
Parsnip		
Fresh, boiled, drained (160g)	1	17g
Peas		
Green, frozen, boiled (181g)	1 cup	17g
Potato		
Raw, with skin, waxy (135g)	1 medium	14g
Waxy, with skin, boiled (135g)	1 medium	15g
Boiled, mashed (246g)	1 cup	30g
Baked, with skin, no oil (162g)	1 medium	31g
<b>McCain</b> Superfries, shoestring (100g)	12	23g
<b>Pams</b> Wedges, Crunchy (150g)	1 cup	37g
<b>Wattie's</b> Hash Brown, onion (62g)	1	12g
Pumpkin		
Boiled (77g)	1/2 cup	3g
Baked (60g)	1/2 cup	6g
Roasted, flesh & skin (107g)	1/2 cup	5g

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## Vegetables continued

Product (reference weight of quantity)	Quantity	CHO
Taro		
Baked (155g)	1 small	38g
Tomato		
Fresh (130g)	1 large	4g
Tinned diced tomatoes (400g)	1 whole can	14g
Yam		
Baked, unpeeled (135g)	135g	25g

## Very Low Glycaemic Index

Give half usual quick-acting insulin dose for carbohydrate content of very low glycaemic index foods

Product (reference weight of quantity)	Quantity	CHO
Baked Beans		
(80g)	2 dessert spoons	12g
(210g)	½ can	31g
Beans		
Broad, boiled drained (170g)	1 cup	15g
Cannellini, canned (219g)	1 cup	18g
Haricot boiled, drained (180g)	1 cup	27g
Red kidney, canned (215g)	1 cup	19g
Barley, pearl – boiled (165g)	1 cup	41g
Chickpea		
dried	100g	46g
canned / drained (173g)	1 cup	25g
Grapefruit (236g)	1 fresh	12g
Lentils – brown/green		
cooked (185g)	1 cup	35g
dried	100g	49g
raw	100g	7g
Lentils - red		
cooked (185g)	1 cup	26g
dried	100g	46g
Split Peas, dried, boiled (194g)	1 cup	43g

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## References

The Concise New Zealand Food Composition Tables, 12<sup>th</sup> edition (2016)

The New Zealand Institute for Crop and Food Research, Ltd, Palmerston North, NZ

Disclaimer: Every effort and care has been taken in obtaining and calculating the carbohydrate content of food in compiling this resource. All measurements are approximations

Food Works Computer Database

The Fat, Fibre & carbohydrate counter. ISBN: 174045250X, 2003

Food Labels and use of company websites

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