

Additional resources are available from Diabetes UK and via recommendation by your diabetes team.

Visit www.diabetes.org.uk for further reading.

Notes:



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SNDRI

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SCOTTISH GOVERNMENT

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A Registered Dietitians' project, in partnership with other agencies.

This booklet lists common foods* and their carbohydrate content. It shows the amount of carbohydrate in 100g and an example portion of each item. Your diabetes team will work with you to practice calculating how much carbohydrate is in your meals and snacks. This will help you become confident counting carbohydrate.

- The list will help you work out the carbohydrate in your meals and snacks.
- Add your own foods, drinks and portion sizes.
- Use digital kitchen scales and measuring spoons or jugs at first. You will quickly find useful tools to measure your food easily and accurately.

Remember, follow your treatment plan using carbohydrate counting and take the steps below at each meal, every day.

Step

1. Identify which foods contain carbohydrate in your meal.
2. Calculate or estimate the carbohydrate in your meal.
3. Calculate your bolus to cover this carbohydrate.
4. Consider factors which may affect the timing and amount of bolus you need, such as:
 - Your current blood glucose level.
 - The amount of activity you have had.
 - The type of food in your meal.
5. Give your bolus, adjusting the amount and timing as appropriate.
6. Keep records of your blood glucose, carbohydrate intake and activities.
7. Look out for trends in your blood glucose to ensure that you are taking the right amount of basal and bolus insulin to keep optimal control.

*This list should be used as a rough guide only. Always refer to label information when it is available as brands and pack sizes vary. When you are using information from food labels you should use the number for the total carbohydrate content, this includes starch and sugar. Food labels and books provide more information about the carbohydrate content of food.

Go to

What is carbohydrate? *Introduction to Carbohydrate Counting* (page 5).

- Reading labels and the carbohydrate calculator. *Introduction to Carbohydrate Counting* (page 7, 21).
- *Carbohydrate Tables*.

Bolus insulin. *Introduction to Carbohydrate Counting* (page 25).

Carbohydrate Counting, The Next Steps (workbook 2).

Carbohydrate Counting, The Next Steps (workbook 2).

Diary.

Carbohydrate Counting, The Next Steps (workbook 2) and Diary.

CHO = Carbohydrate, tbsp = tablespoon (approx 15ml),
tsp = teaspoon (approx 5ml)

Carbohydrate calculator

Use this chart to help you calculate how much carbohydrate is in your portion. For more help look at **Introduction to Carbohydrate Counting (workbook 1)**.

Weight of food (g)	10	20	30	40	50	60	70	80	90	100	110	120	130	140
175	9	17	26	35	44	52	61	70	79	87	96	105	114	122
150	7	15	22	30	37	45	52	60	67	75	82	90	97	105
140	7	14	21	28	35	42	49	56	63	70	77	84	91	98
130	6	13	19	26	32	39	45	52	58	65	71	78	84	91
120	6	12	18	24	30	36	42	48	54	60	66	72	78	84
110	5	11	16	22	27	33	38	44	49	55	60	66	71	77
100	5	10	15	20	25	30	35	40	45	50	55	60	65	70
95	5	10	14	19	24	29	33	38	43	48	52	57	62	67
90	5	9	14	18	23	27	32	36	41	45	50	54	59	63
85	4	9	13	17	21	26	30	34	38	43	47	51	55	60
80	4	8	12	16	20	24	28	32	36	40	44	48	52	56
75	4	8	11	15	19	23	26	30	34	38	41	45	49	53
70	4	7	11	14	18	21	25	28	32	35	39	42	46	49
65	3	7	10	13	16	20	23	26	29	33	36	39	42	46
60	3	6	9	12	15	18	21	24	27	30	33	36	39	42
55	3	6	8	11	14	17	19	22	25	28	30	33	36	39
50	3	5	8	10	13	15	18	20	23	25	28	30	33	35
45	2	5	7	9	11	14	16	18	20	23	25	27	29	32
40	2	4	6	8	10	12	14	16	18	20	22	24	26	28
35	2	4	5	7	9	11	12	14	16	18	19	21	23	25
30	2	3	5	6	8	9	11	12	14	15	17	18	20	21
25	1	3	4	5	6	8	9	10	11	13	14	15	16	18
20	1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	1	2	2	3	4	5	5	6	7	8	8	9	10	11
10	1	1	2	2	3	3	4	4	5	5	6	6	7	7
5	*	1	1	1	1	2	2	2	2	3	3	3	3	4
0	5	10	15	20	25	30	35	40	45	50	55	60	65	70

* Negligible

Carbohydrate/100g (shown on label)

150	160	170	180	190	200	200
131	140	149	157	166	175	175
112	120	127	135	142	150	150
105	112	119	126	133	140	140
97	104	110	117	123	130	130
90	96	102	108	114	120	120
82	88	93	99	104	110	110
75	80	85	90	95	100	100
71	76	81	86	90	95	95
68	72	77	81	86	90	90
64	68	72	77	81	85	85
60	64	68	72	76	80	80
56	60	64	68	71	75	75
53	56	60	63	67	70	70
49	52	55	59	62	65	65
45	48	51	54	57	60	60
41	44	47	50	52	55	55
38	40	43	45	48	50	50
34	36	38	41	43	45	45
30	32	34	36	38	40	40
26	28	30	32	33	35	35
23	24	26	27	29	30	30
19	20	21	23	24	25	25
15	16	17	18	19	20	20
1	12	13	14	14	15	15
8	8	9	9	10	10	10
4	4	4	5	5	5	5
75	80	85	90	95	100	0

Conversions:

Weight

$\frac{1}{2}$ oz = 15g
 1oz = 25g
 2oz = 50g
 3oz = 75g
 4oz = 100g
 5oz = 150g
 8oz ($\frac{1}{2}$ lb) = 225g
 16oz (1lb) = 450g

Liquid

1 level teaspoon (tsp) = 5ml
 1 level tablespoon (tbsp) = 15ml
 5fl oz ($\frac{1}{4}$ pint) = 150mls
 10fl oz ($\frac{1}{2}$ pint) = 275mls
 15fl oz ($\frac{3}{4}$ pint) = 425mls
 20fl oz (1 pint) = 550mls

Potatoes and Vegetables

CHO values below are a rough guide only. *Introduction to Carbohydrate Counting* (workbook 1) provides full details on how cooking time and methods may affect CHO values for each product.

Food Item	Example Portion
Baked beans	2tbsp (120g)
Baked potato with skin (cooked weight)	1 medium (180g)
Chick peas (cooked/canned)	2tbsp (70g)
Chips (cooked weight)	100g
CHO values of vary slightly depending on variety and cooking method	
Corn on the cob	1 mini cob/cobette
	1 full cob (250g)
Kidney beans (cooked/canned)	2tbsp (65g)
Red lentils (uncooked)	n/a
McCains potato smiles	4 smiles (68g)
Peas (boiled)	2tbsp (60g)
CHO values of vary slightly depending on variety and cooking method	
Potato croquette, fried	1 (90g)
Potato waffle	1 (57g)
Potatoes (uncooked)	1 medium (60g)
Potatoes, flesh only (boiled/mashed weight)	3tbsp (150g)
CHO values of vary slightly depending on variety and cooking method	
Roast potato (cooked weight)	1 medium (70g)
Sweet potato (cooked weight)	3tbsp (100g)
Sweet potato (uncooked)	130g (medium)
Sweetcorn (canned)	2tbsp (67g)

rough guide only. *Introduction to Carbohydrate Counting* may affect CHO values for each product.

	CHO(g)*		My Portion	
	Example Portion	100g	Size	CHO(g)*
	18	15		
	45	25		
	11	16		
	30	30		
(120g approx)	12	10		
	25	10		
	12	18		
	n/a	56		
	21	31		
	6	10		
	24	27		
	12	21		
	10	17		
	25	17		
	18	26		
	20	20		
	27	21		
	18	27		

Fruit

Food Item	Example Portion
Apple juice (no-added-sugar)	100mls
Apricots fresh (raw, flesh and skin)	4 whole (130g)
Banana (no skin)	1 medium (100g)
Canned peaches in juice	100g (6 slices)
Canned pineapple in juice	1 ring/6 chunks/50g
Dessert plum	2 (50g each)
Dried apricots (ready-to-eat)	3 ready to eat (40g)
Eating apple	1 medium (150g)
Grapes	20 medium (75g)
Honeydew melon	1 slice (200g)
Kiwi	2 fruit (100g each)
Mango	1/3 (75g)
Nectarine	1 medium fresh (120g)
Orange	1 medium (170g)
Orange juice (no-added-sugar)	100mls
Peach	1 medium (120g)
Pear	1 medium (150g)
Pineapple	1 slice fresh (100g)
Prunes (ready-to-eat)	3 medium (40g)
Raisins	14g box
Raspberries	25 (75g)
Satsuma	2 small (120g)
Stewed cooking apple – no sugar	6 tbsps (120g)
Strawberries	10 (100g)

	CHO(g)*		My Portion	
	Example Portion	100g	Size	CHO(g)*
	10	10		
	9	7		
	23	23		
	10	10		
	6	12		
	9	9		
	15	37		
	18	12		
	11	15		
	12	6		
	20	10		
	10	14		
	10	8		
	13	8		
	9	9		
	10	7		
	15	10		
	10	10		
	14	34		
	10	69		
	4	5		
	10	8		
	10	8		
	6	6		

Dairy/Desserts

Food Item	Example Portion
Custard (readymade)	150g tub
Custard powder	17.5g (1tbsp)
Frubes	1/4 pint made following pack instructions
Frubes pouch	1 (40g)
Milk (skimmed, semi-skimmed and full-fat)	1 (90g)
Virtually fat free/diet fruit yoghurt	200mls
Munch bunch yoghurt	150g tub
Rice pudding (readymade)	100g tub
Vanilla ice cream (soft scoop)	135g tub
Petits Filous Strawberry & Raspberry	1 scoop (approx 37.5g)
Fromage Frais	1 big tub (100g tub)

	CHO(g)*		My Portion	
	Example Portion	100g	Size	CHO(g)*
	24	16		
	15	84		
	20	14		
	6	14		
	13	15		
	10	5		
	13 (approx)	9 (approx)		
	14	14		
	22	16		
	7	19		
	13	13		

Snacks

Food Item	Example Portion
Crisps	25g packet
Crisps	34.5g packet
Peanuts (salted)	25g packet
Popcorn – popped plain	Small pack (20g)
Popcorn – popped candied	Small pack (20g)
Pringles	25g (15 Pringles)
Raisins	14g box
Tortilla chips	40g bag
Twiglets	25g packet

	CHO(g)*		My Portion	
	Example Portion	100g	Size	CHO(g)*
	13	53		
	18	53		
	2	8		
	10	49		
	16	78		
	12	47		
	10	69		
	24	60		
	15	62		

Confectionery

Food Item	Example Portion	CHO(g)*		My Portion	
		Example Portion	100g	Size	CHO(g)*
Aero	Standard packet (36g)	20	56		
Bounty	Standard packet (2 small bars/57g)	37	64		
Chocolate buttons	Standard packet (32g)	18	57		
Cadbury creme egg	Standard packet (39g)	29	74		
Chocolate éclair sweets	2 sweet (9g)	6	69		
Cadbury Fudge	Standard packet (20g)	15	74		
Crunchie	Standard packet (40g)	29	72		
	Funsized (18g)	13	72		
Curly Wurly	Standard packet (26g)	18	69		
Dairy Milk	Standard packet (49g)	28	57		
Haribo	Funsized packet (32g)	25	79		
Flake	Standard packet (34g)	19	55		
	'99' size (8g)	4	55		
Galaxy	Standard packet (46g)	26	56		
Maltasers	Standard packet (37g)	23	63		
	Funsized packet (20g)	13	63		
Magnum (classic or white)	Standard size (86g/120ml)	26	30		
Mars	Standard packet (58g)	39	68		
	Funsized packet (18g)	13	68		
Marshmallows	1 (7g)	6	81		
Milky Bar	Standard packet (12.5g)	7	58		
Milky Way	Standard packet (22g)	16	72		
	Funsized packet (18g)	13	72		
Milky Way Stars	Standard packet (33g)	18	54		
	Funsized packet (12g)	6	54		
Polo mints	Standard packet (34g)	34	98		
	Single mint (1.5g)	1	98		

continued...

Confectionery continued

Food Item	CHO(g)*		My Portion	
	Example Portion	100g	Size	CHO(g)*
Tic tacs	17	97		
	0.5	97		
Vanilla Cornetto	19	32		

Food Item	Example Portion
Tic tacs	Standard packet (18g) Single mint (0.5g)
Vanilla Cornetto	Standard size (60g)

Drinks

Food Item	CHO(g)*		My Portion	
	Example Portion	100g	Size	CHO(g)*
Isotonic drinks	30	6		
Milk	10	5		
Milkshake Syrup (containing sugar)				
Banana/raspberry	15	30		
Chocolate	17	47		
Milkshake powder (dried)	n/a	98		
Milkshake prepared from powder	25g	n/a		
Low-calorie hot chocolate	6 (approx)	53 (approx)		
Standard hot chocolate	19 (approx)	65 (approx)		
Smoothies (variable by product and flavour)	25 (approx)	12.5 (approx)		
Fruit juice (variable by product and flavour)	15 (approx)	10 (approx)		

Food Item	Example Portion
Isotonic drinks	500ml bottle
Milk	200mls
Milkshake Syrup (containing sugar)	25ml with 175ml milk
Banana/raspberry	20ml with 175ml milk
Chocolate	n/a
Milkshake powder (dried)	15g with 200ml milk
Milkshake prepared from powder	11g sachet
Low-calorie hot chocolate	28g sachet
Standard hot chocolate	200ml
Smoothies (variable by product and flavour)	150 ml
Fruit juice (variable by product and flavour)	

Sauces, Pickles, Preserves and Spreads

Food Item	Example Portion
Tomato ketchup	15g (1tbsp)
Salad cream	15g (1tbsp)
Sweet chilli dipping sauce	15g (1tbsp)
Sweet pickle	15g (1tbsp)
Honey	15g (2 level tsps)
Jam	15g (2 level tsps)
Syrup	15g (2 level tsps)
Chocolate spread	15g (2 level tsps)

Takeaway Foods

Product specific nutritional information

Food Item	Example Portion
Chicken chow mein	Average portion
Chip shop battered cod	Medium size
Chip shop chips	s/m/l bag
Doner kebab (meat, pitta and salad)	1
Indian – pilau rice	200g
Indian – poppadom	1 fried – 13g
Indian – samosa (meat)	Medium – 70g
Indian/Chinese – boiled rice	Takeaway portion
Meat spring roll	1 (90g)
Mexican – chilli con carne (meat and beans only)	200g
Mexican – taco shell (plain)	1 medium (11g)
Mexican – tortilla (plain)	1 medium (41g)
Pizza – thin crust	1 medium slice
Pizza – deep pan	1 medium slice
Scampi in breadcrumbs	Medium portion
Sweet and sour pork	Medium portion

	CHO(g)*		My Portion	
	Example Portion	100g	Size	CHO(g)*
	4	28		
	2	15		
	6	40		
	5	35		
	8	75		
	10	70		
	12	80		
	9	60		

is available in many chain restaurants or online.

	CHO(g)*		My Portion	
	Example Portion	100g	Size	CHO(g)*
(600g approx)	78	13		
(180g approx)	22	12		
(130g/180g/240g)	39/54/72	30		
	32	14		
	50	25		
	4	28		
	13	19		
(300g)	93	31		
	16	18		
	8	4		
	7	61		
	25	60		
(80g approx)	27	34		
(100g approx)	35	35		
(150g)	31	21		
(300g)	33	11		

Bolus Calculator

The chart below is a tool to help you quickly work out your bolus when you know how much carbohydrate you are going to have. For more information look at **An Introduction to Carbohydrate Counting** (workbook 1).

100	20	12.5	10	8.5	6.5	5	4	3.5
95	19	12	9.5	8	6.5	4.5	4	3
90	18	11	9	7.5	6	4.5	3.5	3
85	17	10.5	8.5	7	5.5	4	3.5	3
80	16	10	8	6.5	5.5	4	3	2.5
75	15	9	7.5	6	5	3.5	3	2.5
70	14	8.5	7	6	4.5	3.5	3	2.5
65	13	8	6.5	5.5	4.5	3	2.5	2
60	12	7.5	6	5	4	3	2.5	2
55	11	7	5.5	4.5	3.5	2.5	2	2
50	10	6	5	4	3.5	2.5	2	1.5
45	9	5.5	4.5	4	3	2	2	1.5
40	8	5	4	3.5	2.5	2	1.5	1.5
35	7	4.5	3.5	3	2.5	1.5	1.5	1
30	6	3.5	3	2.5	2	1.5	1	1
25	5	3	2.5	2	1.5	1	1	1
20	4	2.5	2	1.5	1.5	1	1	0.5
15	3	2	1.5	1	1	0.5	0.5	0.5
10	2	1	1	1	0.5	0.5	0.5	0.5
0	1:5	1:8	1:10	1:12	1:15	1:20	1:25	1:30

Carbohydrate in food (g)

Insulin to carbohydrate ratio (ICR)
(units of insulin:grams carbohydrate)

Correction Bolus

This chart below is a helpful tool to quickly work out your correction bolus from your correction factor (CF). For more information look at the **Carbohydrate Counting, The Next Steps (workbook 2)**.

10	20	10	7	5	4	3	3	2.5
9.5	19	9.5	6.5	5	4	3	2.5	2.5
9.0	18	9	6	4.5	3.5	3	2.5	2
8.5	17	8.5	5.5	4.5	3.5	3	2.5	2
8.0	16	8	5	4	3	2.5	2	2
7.5	15	7.5	5	4	3	2.5	2	2
7.0	14	7	4.5	3.5	3	2	2	2
6.5	13	6.5	4.5	3.5	2.5	2	2	1.5
6.0	12	6	4	3	2.5	2	1.5	1.5
5.5	11	5.5	3.5	3	2	2	1.5	1.5
5.0	10	5	3	2.5	2	1.5	1.5	1
4.5	9	4.5	3	2.5	2	1.5	1.5	1
4.0	8	4	2.5	2	1.5	1	1	1
3.5	7	3.5	2.5	2	1.5	1.2	1	1
3.0	6	3	2	1.5	1	1	1	0.5
2.5	5	2.5	1.5	1.5	1	1	0.5	0.5
2.0	4	2	1.5	1	1	0.5	0.5	0.5
1.5	3	1.5	1	1	0.5	0.5	0.5	0.5
1.0	2	1	0.5	0.5	0.5	0	0	0
0.5	1	0.5	0.5	0.5	0	0	0	0
0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0

CF

(The amount one bolus unit will reduce my blood glucose by (mmol/l))

Reduction in blood glucose required (mmol/l)