

# Foods containing 10 grams of carbohydrate

This is a list of foods which contain 10 grams of carbohydrate, but **if a food label is available this will give you an accurate measure of the carbohydrate content.**

Many foods vary in size and weight, so **always check the label!**

All spoon measurements are heaped.

One level tablespoon is equivalent to 15 grams.

## Bread

|                              |                    |
|------------------------------|--------------------|
| 🌿 Wholemeal or white         | 1/2 average slice  |
| 🌿 Morning Rolls              | 1/2 average        |
| 🌿 French stick               | 2 cm/1 inch        |
| 🌿 Croissants                 | 1/2 croissant      |
| 🌿 Butteries (Aberdeen rolls) | 1/2 roll           |
| 🌿 Crumpets                   | 1/2 small          |
| 🌿 Scones                     | 1/2 large/ 1 small |
| 🌿 Potato scones              | 1/2 triangle       |
| 🌿 Scotch pancake             | 1/2 medium         |
| 🌿 Pitta bread                | 1/3 bread          |
| 🌿 Chapati                    | 1/2 medium         |
| 🌿 Nan                        | 1/4 bread          |

## Breakfast Cereal

|                            |   |
|----------------------------|---|
| 🌿 Bran Flakes              | 15 g / 3 1/2 tablespoons                        |
| 🌿 Cornflakes               | 12 g / 4 tablespoons                            |
| 🌿 Weetabix, Shredded Wheat | 1 biscuit                                       |
| 🌿 Porridge                 | uncooked 15 g/ 1/2 oz/ 2 tablespoons            |
|                            | cooked (with water) 45 g/1 1/2 oz/4 tablespoons |
| 🌿 Rice Krispies            | 12 g / 5 tablespoons                            |
| 🌿 Muesli                   | unsweetened 10 g / 1 tablespoon                 |
| 🌿 Weetos                   | 13 g / 3 tablespoons                            |
| 🌿 Cheerios                 | 13 g / 5 tablespoons                            |
| 🌿 Special K                | 13 g / 3 tablespoons                            |

## Flour

|                      |                              |
|----------------------|------------------------------|
| 🌿 Plain/self-raising | 15 g / 1/2 oz / 1 tablespoon |
|----------------------|------------------------------|

## Rice and Pasta

|                                |          |                                 |
|--------------------------------|----------|---------------------------------|
| 🌿 Rice (brown or white) cooked |          | 35 g / 2 tablespoons            |
| 🌿 Cous cous                    | uncooked | 15 g / 1 tablespoon             |
| 🌿 Spaghetti                    | uncooked | 15 short strands                |
| 🌿 Spaghetti                    | tinned   | 70 g / $\frac{1}{3}$ small tin  |
| 🌿 Pasta                        | uncooked | 14 g                            |
|                                | cooked   | 40 g / $\frac{1}{2}$ teacup     |
| 🌿 Macaroni                     | tinned   | 100 g / $\frac{1}{2}$ small tin |
| 🌿 Ravioli                      | tinned   | 70 g / $\frac{1}{3}$ small tin  |
| 🌿 Noodles                      | uncooked | 30 g                            |
|                                | cooked   | 90 g                            |

## Biscuits

|                   |                   |                    |
|-------------------|-------------------|--------------------|
| 🌿 Hobnob          |                   | 1                  |
| 🌿 Garibaldi       |                   | 1                  |
| 🌿 Fig Roll        |                   | 1                  |
| 🌿 Shortbread      |                   | 1                  |
| 🌿 Digestive       |                   | 1                  |
| 🌿 Crispbread      | wholewheat, rye   | 2                  |
| 🌿 Crackers        | wholewheat, plain | 2                  |
| 🌿 Plain, Rich tea |                   | 2                  |
| 🌿 Oatcake         |                   | 1 triangle/2 round |
| 🌿 Rice cake       |                   | 1                  |
| 🌿 Matzos          |                   | $\frac{1}{2}$      |

## Nuts

|           |  |       |
|-----------|--|-------|
| 🌿 Peanuts |  | 100 g |
|-----------|--|-------|

## Milk

|           |           |                                     |
|-----------|-----------|-------------------------------------|
| 🌿 Whole   | all types | 1 glass/ 200 ml/ $\frac{1}{3}$ pint |
| 🌿 Yoghurt | natural   | 1 small carton                      |



## Vegetables

All vegetables contain *some* carbohydrate, but most have such a small amount that they need not be counted. These **should** be counted...

|   |                 |                 |                |
|---|-----------------|-----------------|----------------|
| 🥬 | Baked Beans     | in tomato sauce | 2½ tablespoons |
| 🥬 | Chickpeas       | tinned, drained | 60 g           |
| 🥬 | Butter beans    | tinned          | 60 g           |
| 🥬 | Garden peas     | tinned          | 60 g           |
| 🥬 | Marrowfat peas  | tinned          | 60 g           |
| 🥬 | Kidney beans    | tinned          | 60 g           |
| 🥬 | Lentils         | dried           | 1½ tablespoons |
|   |                 | cooked          | 2 tablespoons  |
| 🥬 | Sweetcorn       |                 | 4 tablespoons  |
| 🥬 | Corn on the cob |                 | ½ cob          |

## Potatoes

|   |               |                          |                           |
|---|---------------|--------------------------|---------------------------|
| 🥬 | Boiled        |                          | 1 small (egg sized raw)   |
| 🥬 | Chips         |                          | 5 average                 |
| 🥬 | Crisps        |                          | 1 small pack (25 g)       |
| 🥬 | Roast         |                          | 1 small (egg sized)       |
| 🥬 | Mashed        |                          | 1 scoop                   |
| 🥬 | Sweet potato  |                          | equivalent to 1 egg sized |
| 🥬 | Jacket potato | varies – see below*:     |                           |
| * | 1 small       | (90 g of jacket potato)  | 30 g carbohydrate         |
|   | 1 medium      | (180 g of jacket potato) | 60 g carbohydrate         |
|   | 1 large       | (270 g of jacket potato) | 90 g carbohydrate (!)     |

## Fruit

Some fruits are low in carbohydrate and need not be counted when taken in usual amounts (such as raspberries and water melon).

|   |          |                      |               |
|---|----------|----------------------|---------------|
| 🥬 | Apples   | eaten with skin      | 1 small       |
|   |          | cooking              | 1 medium      |
|   |          | stewed without sugar | 6 tablespoons |
| 🥬 | Apricots | fresh or dried       | 4 medium      |
| 🥬 | Banana   |                      | ½ small       |
| 🥬 | Cherries | fresh                | 15            |
| 🥬 | Dates    |                      | 3             |

|   |                                       |                                 |
|---|---------------------------------------|---------------------------------|
| 🥬 | Dried fruit:raisins,currants,sultanas | 15 g                            |
| 🥬 | Figs                                  | fresh or dried 1 large/ 2 small |
| 🥬 | Grapefruit                            | 1/2 large                       |
| 🥬 | Grapes                                | 10 large                        |
| 🥬 | Guavas                                | fresh 1                         |
| 🥬 | Kiwi fruit                            | 2                               |
| 🥬 | Mango                                 | fresh 1/3 large                 |
| 🥬 | Melon                                 | (except watermelon) 1/4         |
| 🥬 | Nectarine                             | fresh 1 medium                  |
| 🥬 | Orange                                | 1 large                         |
| 🥬 | Paw-paw                               | 1/4                             |
| 🥬 | Peach                                 | fresh 1 medium                  |
| 🥬 | Pear eaten                            | with skin 1 medium              |
| 🥬 | Pineapple                             | fresh 1 thick slice             |
|   |                                       | tinned/natural juice 2 rings    |
| 🥬 | Plums dessert                         | fresh 2 large/ 4 small          |
| 🥬 | Prunes                                | dried 3 medium                  |
| 🥬 | Satsumas                              | 2                               |
| 🥬 | Sharon fruit                          | 1/2                             |
| 🥬 | Strawberries                          | 10                              |
| 🥬 | Tangerines                            | 2                               |

### Fruit Juice

|   |                         |                       |
|---|-------------------------|-----------------------|
| 🥬 | Unsweetened fruit juice | 1 small glass/ 100 ml |
| 🥬 | Tomato juice            | 250 ml                |

### Miscellaneous and Convenience

|   |                     |                            |
|---|---------------------|----------------------------|
| 🥬 | Soup thick          | all types 1 ladle/ 150 ml  |
| 🥬 | Fish fingers        | grilled 2                  |
| 🥬 | Pizza               | 1/3 snack size             |
| 🥬 | Sausage             | grilled 2 average/ 1 slice |
| 🥬 | Sausage roll        | 1 very small               |
| 🥬 | White/black pudding | 2 slices                   |
| 🥬 | Haggis              | 4 tablespoons              |
| 🥬 | Waffle              | 1 average                  |
| 🥬 | Potato Smiley Faces | 4                          |
| 🥬 | Scotch meat pie     | 1/3                        |
| 🥬 | Ice cream           | 1 scoop                    |
| 🥬 | Chicken nuggets     | 4 average (check label)    |