

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
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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
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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	½ large
🥬	Grapes	10 large
🥬	Guavas	fresh 1
🥬	Kiwi fruit	2
🥬	Mango	fresh 1/3 large
🥬	Melon	(except watermelon) ¼
🥬	Nectarine	fresh 1 medium
🥬	Orange	1 large
🥬	Paw-paw	¼
🥬	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	½
🥬	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)