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

<table>
<thead>
<tr>
<th>Item</th>
<th>Unit</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice (brown or white) cooked</td>
<td>35 g / 2 tablespoons</td>
<td></td>
</tr>
<tr>
<td>Cous cous uncooked</td>
<td>15 g / 1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>Spaghetti uncooked</td>
<td>15 short strands</td>
<td></td>
</tr>
<tr>
<td>Spaghetti tinned</td>
<td>70 g / 1/3 small tin</td>
<td></td>
</tr>
<tr>
<td>Pasta uncooked</td>
<td>14 g cooked</td>
<td>40 g / 1/2 teacup</td>
</tr>
<tr>
<td>Macaroni tinned</td>
<td>100 g / 1/2 small tin</td>
<td></td>
</tr>
<tr>
<td>Ravioli tinned</td>
<td>70 g / 1/3 small tin</td>
<td></td>
</tr>
<tr>
<td>Noodles uncooked</td>
<td>30 g cooked</td>
<td>90 g</td>
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</tbody>
</table>

### Biscuits

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Hobnob</td>
<td>1</td>
</tr>
<tr>
<td>Garibaldi</td>
<td>1</td>
</tr>
<tr>
<td>Fig Roll</td>
<td>1</td>
</tr>
<tr>
<td>Shortbread</td>
<td>1</td>
</tr>
<tr>
<td>Digestive</td>
<td>1</td>
</tr>
<tr>
<td>Crispbread wholewheat, rye</td>
<td>2</td>
</tr>
<tr>
<td>Crackers wholewheat, plain</td>
<td>2</td>
</tr>
<tr>
<td>Plain, Rich tea</td>
<td>2</td>
</tr>
<tr>
<td>Oatcake</td>
<td>1 triangle/2 round</td>
</tr>
<tr>
<td>Rice cake</td>
<td>1</td>
</tr>
<tr>
<td>Matzos</td>
<td>1/2</td>
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</tbody>
</table>

### Nuts

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Peanuts</td>
<td>100 g</td>
</tr>
</tbody>
</table>

### Milk

<table>
<thead>
<tr>
<th>Item</th>
<th>Unit</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Whole all types</td>
<td>1 glass/ 200 ml/ 1/3 pint</td>
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</tr>
<tr>
<td>Yoghurt natural</td>
<td>1 small carton</td>
<td></td>
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</tbody>
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**Food for Life!**
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 ¼ large
- Melon (except watermelon) ¼
- Nectarine fresh 1 medium
- Orange fresh 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 ¼ 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 ¼
- Ice cream 1 scoop
- Chicken nuggets 4 average (check label)