

Carbohydrate counting – food reference lists

Please note

This list has been compiled using a sample of foods and is not as accurate as the information detailed on the packaging for specific foods:

- Wt (g) refers to the weight of food
- CHO (g) refers to the carbohydrate content within the specified weight

For ease of calculation, carbohydrate content has been listed to the nearest 5g. This information is intended only for those people with diabetes on a basal bolus, multiple daily injection (MDI) or pump insulin regimes that are able to carbohydrate count and self-adjust insulin doses.

If you have type 1 diabetes, we recommend you book a place on the Dose Adjustment for Normal Eating (DAFNE) course.

Biscuits

Food	Quantity	Wt (g)	CHO (g)
Blue Ribband	1	12.9g	10
Blue Ribband dark	1	11.8g	10
Bourbon cream	1	12g	10
Chocolate digestive	1	18g	10
Cream crackers	2	14g	10
Custard cream	1	11g	10
Digestive	1	13g	10
Digestive creams	1	8.3g	10
Digestive fingers	2	10.2g	10
Fig roll	1	12g	10
Flapjack	1 large	90g	55
Fox's Classics	1	15.7g	15
Fox's Creams (vanilla cream)	2	15.2g	10
Frusli Bar	1	30g	20
Giant chocolate chip cookie	1 large cookie	65g	65
Ginger snap	1	10g	10
HobNobs	1	13g	10
Jaffa cake	1	10g	10
Kit Kat (2 finger)	1	22g	15

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Malted Milk	2	18g	10
Mini Cheddars	1 mini pack	25g	15
Nutrigrain Bar	1	37g	25
Oatcake	1	12g	10
Penguin	1	14g	15
Rich Tea	2	12g	10
Ritz (plain)	5	15g	10
Rocky	1	12.7g	15

Breads and rolls

Food	Qty	Wt (g)	CHO (g)
Bagel	1	70g	40
Bread roll	1 small	32g	15
Bread roll	1 large	72g	35
Burgen mixed grain bread	1 Slice	43g	10
Ciabatta	2 inch Slice	40g	20
Ciabatta	¼ loaf	90g	40
Croissant	1	60g	25
Crumpet	1	40g	20
Cuisine de France, small roll			20
English muffin	1 toasted	70g	30
Finger roll	1 large	60g	30
French stick	2 inch slice	40g	20
Fruit bread	1 slice	42g	20
Glutafin gluten free fresh bread	2 slices		25
Gluten free bread	1 small slice	28g	10-15
Luxury fruit bread, Starbucks	2 slices		90
Naan bread	1 small	60g	30
Naan bread	1 large	180g	90
Pancake	1	62g	20
Peshwari naan	1	160g	60
Pitta bread	1 medium	60g	30
Pumpernickel	1 slice	54g	25
Rye bread	1 thin slice	25g	10
Sliced bread – thin slice	1 slice	25g	10
Sliced bread – medium slice	1 slice	36g	15
Sliced bread – thick slice	1 slice	44g	20
Soda farl	14 cm deep	142g	60

Information for Patients

Breakfast cereals

Food	Qty	Wt (g)	CHO (g)
Allbran	4 tbsp/¾ cup	40g	20
Branflakes	5 tbsp/¾ cup	30g	20
Cheerios	6 tbsp/1 cup	30g	25
Cornflakes	5 tbsp/1 cup	30g	25
Country Crisp	4 tbsp/½ cup	50g	30
Crunchy Bran (Weetabix)	Serving	40g	20
Crunchy Nut Cornflakes	5 tbsp/1 cup	40g	30
Dorset Cereals (Muesli)		50g	30
Frosties	7 tbsp/1 cup	30g	30
Fruit and Fibre	5 tbsp/1 cup	40g	30
Muesli (no sugar)	4 tbsp/½ cup	50g	40
Oatso Simple	1 sachet	30g	25
Porridge oats	4 tbsp/½ cup	50g	30
Rice Krispies	7 tbsp/1 cup	30g	30
Shredded Wheat	1	22g	15
Shreddies	3 tbsp/½ cup	30g	20
Shreddies (apricot filled)	½ cup	50g	35
Special K	5 tbsp/1 cup	35g	25
Strawberry Crisp	4 tbsp/¾ cup	60g	40
Weetabix	2	25g	25

Cakes and pastries

Food	Qty	Wt (g)	CHO (g)
Cheese cake	¼ Cake	110g	35
Chelsea bun	1	80g	40
Chocolate Éclair (fresh)	1	90g	20
Chocolate Éclair (frozen)	1	35g	10
Chocolate mini roll	1	28g	15
Currant bun	1	60g	30
Danish pastry	1 medium	110g	55
Doughnut (jam)	1	75g	35
Doughnut (ring)	1	60g	30
Eccles cake	1	45g	25
Fruit pie	1 individual	55g	30
Hot cross bun	1	70g	35
Jam tart	1 individual	35g	20
Lemon meringue	¼ pie	110g	50

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Madiera cake	1 slice	40g	20
Malt loaf (fruit)	1 slice	35g	20
Mix Max cake	1 Mix Max Cake	35g	20
Mr Kipling cakes	1 individual	37g	20
Muffin	1	110g	55
Scone	1 medium	45g	25
Scotch pancake	1	30g	15
Teacake (toasted)	1	55g	30
Vanilla slice	1	100g	40

Chocolate bars and sweets

Food	Qty	Wt (g)	CHO (g)
Bounty bar	1	57g	30
Chocolate bar	1	50g	25
Chocolates (filled)	1	13g	5
Creme Egg	1	42g	30
Crunchie	1	40g	30
Flake	1	34g	20
Fry's Chocolate Cream	1 bar	50g	35
Fudge sweets	3 sweets	40g	20
Jelly beans	1 packet	45g	40
Jelly sweets	10	80g	60
M&Ms (peanut)	1 packet	45g	25
Maltesers	Fun size	21g	10
Maltesers	Std packet	37g	20
Mars bar	Std bar	62g	45
Marshmallows	2	10g	10
Milky Way fun size	1	11.9g	10
Minstrels	1 packet	45g	30
Mint Humbug	3 sweets	23.7gg	25
Polo mints	7	10g	10
Ripple	1 bar	33g	20
Skittles	1 packet	55g	50
Snickers	Std bar	61g	35
Starburst	Std tube	45g	35
Toffee crisp	1	44g	30
Toffee crisp (funsize)	1	12.1g	10
Twix	2 fingers	58g	40
Yorkie	1 bar	68g	40

Information for Patients

Drinks and soups

Food	Qty	Wt (g)	CHO (g)
Cadburys Highlights	1 sachet	11g	5
Cadburys Hot Chocolate	1 sachet	28g	20
Drinking chocolate	3 heaped tsp	18g	15
Horlicks	1 sachet	32g	20
Malted milk drink	1 mug	20g	15
Orange juice	1 glass	160ml	15
Curry sauce (Korma)	¼ large jar	125g	15
Sweet and sour sauce	⅓ large jar	170g	30

Flour and baking products

Food	Qty	Wt (g)	CHO (g)
Cornflour	1 heaped tbsp	30g	30
Custard powder	1 heaped tbsp	30g	30
Dried fruit		25g	15
Flour		25g	20
Glacé cherries		25g	15
Honey		25g	20
Oats		25g	15
Pastry – uncooked (filo)		100g	60
Pastry – uncooked (puff/flaky)		100g	30
Pastry – uncooked (short crust)		100g	40
Sugar		25g	25
Syrup		25g	20
Syrup/honey		25g	20

Fruit

Food	Qty	Wt (g)	CHO (g)
Apple	Medium	120g	10
Apricots	3 raw	120g	10
Apricots (semi-dried)	4	30g	10
Banana	1 medium	100g	20
Banana, small without skin	1	70	15
Fruit cocktail (juice)	½ tin drained	125g	10
Fruit cocktail (syrup)	½ tin drained	125g	20
Grapes	1 small bunch	100g	15
Kiwi	1	60g	5

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Mango	1 medium	150g	20
Mango	1 slice	40g	5
Melon	1 slice	200g	10
Nectarine	1	100g	10
Orange	1 medium	160g	15
Peach	1	100g	10
Pear	1 small	100g	10
Pear	1 medium	170g	15
Persimmon	1 large	240g	45
Pineapple (tinned)	1 slice	40g	5
Plums	2 medium	110g	10
Satsuma	2	170g	10
Strawberries	5 medium	100g	5

Hypo treatments

Food	Qty	Wt (g)	CHO (g)
Fruit Pastilles	5	19g	15
Cola	1 mini can	150ml	15
Cola	1 std can	330ml	30
Dextrose tablets	5	15g	15
Fruit juice	1 glass	160ml	15
Irn Bru	1 mini can	150ml	15
Jelly Babies	3	18g	15
Lemonade	1 mini can	150ml	15
Lemonade	1 std can	330ml	15
Lucozade		100ml	15
Jelly beans	1 packet	45g	35

Ice creams

Food	Qty	Wt (g)	CHO (g)
Choc ice	1	50g	10
Cornetto	1	125ml	20
Fruit lolly	1	80ml	15
Ice cream	1 scoop	60g	10
Ice cream		100g	25
Magnum	1	70g	25
Mars Bar Ice	1	47g	20
Solero	1	225g	20
Sorbet	1	100g	25

Jams and spreads

Food	Qty	Wt (g)	CHO (g)
Chocolate spread	1 heaped tbsp	20g	10
Honey	1 heaped tbsp	20g	10
Jam	1 heaped tsp	20g	10
Mango chutney	1 heaped tbsp	20g	10
Sugar	1 level tsp	5g	5

Indian foods

Food	Qty	Wt (g)	CHO (g)
Bhaji (battered)	3	145g	30
Burfi	2 squares	100g	40
Chapatti (Gujerati)	1 small	30g	15
Chapatti (Punjab/Urdu)	1 large	75g	40
Chickpea and potato curry		200g	55
Gulabjaman	3 pieces	70g	35
Jellabi	2 pieces	70g	30
Kheer		200g	60
Khitcherie		250g	30
Paratha	1	80g	30
Pilau (meat)		300g	75
Pilau (vegetable)		250g	60
Potato curry		200g	40
Rus-Mango pulp		150g	45
Samosa (thick)	3	175g	60
Samosa (thin)	3	115g	45
Thin flat roti	1 Roti	25g	25
Vegetable curry		200g	15

Meal accompaniments

Food	Qty	Wt (g)	CHO (g)
Baked beans	1 small tin	200g	10
Dumplings	1	70g	15
Garlic bread	1 inch slice	20g	10
Garlic bread	1 slice	20g	10
Scampi – in breadcrumbs		150g	40
Scotch egg	1	120g	15
Southern fried chicken	3 pieces	270g	45
Spam (original)	Tin	340g	10

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Stovies		350g	40
Stuffing balls	1	25g	10
Taco shells	2	28g	15
Tortillas	1	63g	30
Tortillas (8 inches)	1	63g	30
Yorkshire puddings	1 individual	18g	5
Yorkshire puddings	1 giant	115g	40

Milk and dairy products

Food	Qty	Wt (g)	CHO (g)
Low fat fruit yogurt	1 pot	150g	20
Low fat low sugar yogurt	1 pot	150g	10
Low fat natural yogurt	1 pot	150g	10
Milk	1 glass	200ml	10
Milk	Average on cereal	100ml	5
Milkshake	1 glass	200ml	20
Muller Corner (crunch)	1 individual	150g	30
Muller Corner (dessert)	1 individual	150g	35
Muller Corner (fruit)	1 individual	175g	25
Muller Light	1 pot	150g	15

Pasta and rice

Food	Qty	Wt (g)	CHO (g)
Cannelloni (dried)	1 tube	12g	10
Couscous (uncooked)		100g	70
Glutafin gluten free pasta (cooked)		70g	50
Gluten free pasta (uncooked)		100g	70
Lasagne (pre prepared)	1 individual	300g	45
Lasagne sheet – dried (uncooked)	1	14g	10
Macaroni cheese	1 small tin	200g	20
Noodles (uncooked)	1 packet	100g	70
Pasta (cooked)	1 cup	100g	30
Pasta (cooked)	1 tbsp	30g	10
Pasta (dried)		100g	70
Pasta (fresh)		100g	55
Polenta (cooked)		150g	15
Polenta (uncooked)		50g	40

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Pot Noodle	1 pot	90g	55
Quinoa (cooked)	¼ cup		35
Quinoa (uncooked)		100g	65
Ravioli	1 small tin	200g	25
Rice (cooked)	⅔ cup	100g	30
Rice (cooked)	1 rounded tbsp	30g	10
Rice (instant)	1 packet	250g	75
Rice (uncooked)		100g	80
Spaghetti – in tomato sauce	1 small tin	200g	25
Tortellini (fresh)	¼ packet	125g	45

Potato and potato products

Food	Qty	Wt (g)	CHO (g)
Boiled potato	1 egg sized	60g	10
Boiled potato		100g	15
Cassava (raw)		100g	30
Chips	3-4 medium cut	40g	10
Croquettes	1	90g	20
Fries	Regular	110g	45
Jacket potato (baked)	1 small	100g	20
Jacket potato (baked)	1 medium	180g	35
Jacket potato (baked)	1 large	330g	70
Jacket potato (microwaved)	1 small	100g	30
Jacket potato (microwaved)	1 medium	180g	55
Jacket potato (microwaved)	1 large	330g	100
Jacket potato (with skin)	1 small	100g	30
Jacket potato (with skin)	1 medium	180g	55
Jacket potato (with skin)	1 large	330g	100
Mashed potato	1 scoop	60g	10
Mashed potato		100g	15
Microchips	1 box	100g	25
Plantain (boiled)		100g	30
Plantain (fried)		100g	45
Potato (raw)		100g	15
Potato waffle	1	60g	10
Potato wedges	2 large	30g	10
Roast potato	1 small	50g	10
Roast potato		100g	25
Sweet potato (raw)		100g	20

Information for Patients

Yam (raw)		100g	30
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Puddings and desserts

Food	Qty	Wt (g)	CHO (g)
Angel Delight	¼ packet	100g	15
Cheesecake 400g	quarter	100g	25
Crepes	1	40g	10
Custard – tinned	½ large tin	215g	35
Custard – homemade		140ml	20
Custard – instant	¼ packet	140g	20
Meringue nest	1 small	13g	10
Milk pudding	½ large tin	200g	30
Mousse (Onken)	1 pot	110g	20
Muller Rice	1 pot	200g	40
Pancake	118 cm	60g	20
Pancakes	3	30	60
Sponge pudding	1 individual		60
Sponge pudding	¼ tin	75g	35
Sponge pudding (tinned)	¼ tin	75g	35
Toffee pecan tart	⅙ tart	65g	25
Trifle	1 individual	150g	30
Trifle	1 individual	150g	30
Christmas pudding	1 individual	100g	55

Savoury snack foods

Food	Qty	Wt (g)	CHO (g)
Cheese and onion pasty (Gregg's)	1	125g	35
Chicken bake (Gregg's)	1	138g	35
Cornish pasty	1 medium	155g	40
Cornish pasty	1 large	260g	65
Fish fingers	3	60g	10
Pizza (deep pan)	7 inch	230g	80
Pizza (deep pan)	9 inch	410g	140
Pizza (deep pan)	12 inch	700g	245
Pizza (thin crust)	7 inch	120g	40
Pizza (thin crust)	9 inch	260g	90
Pizza (thin crust)	12 inch	560g	190
Pork pie	1 individual	140g	30
Pork pie	1 mini	50g	10

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Quiche (thick pastry)	1 slice (2 ins)	140g	20
Sausage, bean & cheese melt (Gregg's)	1 Individual	140g	40
Sausage roll	3 cocktail	42g	10
Sausage roll	1 medium	60g	15
Sausage roll (Gregg's)	1 Individual	95g	25
Scotch pie	1	140g	35
Spring roll	3 inch long	50g	10
Steak bake (Gregg's)	Medium	139g	35
Steak and kidney pie	1	160g	40

Sweet snack foods

Food	Qty	Wt (g)	CHO (g)
Bombay mix		100g	35
Bombay mix	1 small handful	25g	10
Crisps	1 packet	35g	15
Crisps – thick cut	1 packet	50g	25
Doritos	1 packet	33g	20
Egg custard – single	One	85g	25
Mini Cheddars	1 small bag	25g	15
Popcorn (savory)	1/3 family bag	100g	55
Popcorn (savory)	1 cup	20g	10
Popcorn (sweet)	1/3 family bag	100g	80
Pringles	12 crisps	25g	10
Quavers	1 packet	17g	10
Rice cakes	1 large		5
Snack-a-Jacks (savory)	1 individual packet	35g	25
Snack-a-Jacks (sweet)	1 individual packet	35g	30

Take-away foods

Food	Qty	Wt (g)	CHO (g)
Battered sausage (average chip shop)	1 large	150g approx	40
Battered sausage (average chip shop)	1 small	75g approx	20
Bhaji	3	145g	30
Big Mac (McDonald's)	1	219g	40
Portion of chips (average chip shop)	1 medium	240g	70

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Portion of Chow Mein	1 small	350g	45
Fish in batter	1 medium	180g	20
KFC Fillet burger	1		45
KFC Toasted twister	1		50
KFC Zinger burger	1		50
Naan bread	½ large	100g	50
Pizza Hut breaded chicken strips	1 portion		20
Pizza Hut garlic bread	4 slices		45
Pizza Hut garlic bread with cheese	4 slices		35
Pizza Hut potato wedges	1 portion		55
Poppadoms	3 large		10
Rice boiled	1 tray	300g	90
Rice fried, pilau rice	1 tray	300g	75
Sweet & Sour (battered)	1 portion	300g	60
Apple pie	1		25
BBQ/Sweet n' Sour Dip	1 pot		10
Big Mac	1		45
Cheeseburger	1		30
Chicken nuggets	9		10
Breakfast muffin	1		25
French fries	Regular		30
French fries	Medium		40
French fries	Large		55
Ice cream (McFlurry)	1		45
Milkshake	Regular		65
Milkshake	Large		85
Nandos chicken burger	Single		40
Nandos garlic roll	1		40
Nandos spicy rice	1		35

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