

Advanced Carbohydrate Counting Booklet



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Carbohydrate Foods

Note: CHO - carbohydrate

- refers to estimated carbohydrate

N/A – carbohydrate content not available

Breakfast Cereals

	Quantity	CHO	CHO Factor
Oatbran, 30g	1/4 cup	20g	0.67
Porridge, made with milk, 260g	1 cup	33g	0.12
Porridge, made with water, 260g	1 cup	21g	0.08
Rolled Oats, raw, 45g	1/2 cup	25g	0.57
Hubbards			
Thank Goodness, Not So Sweet, 50g	1/2 cup	35g	0.70
Oat Bran Muesli, 50g	1/3 cup	30g	0.59
Kellogg's			
All-Bran, 30g	1/2 cup	14g	0.45
Guardian, 30g	2/3 cup	19g	0.63
Just Right Original, 60g	1 cup	43g	0.71
Miniwheats			
Blackcurrant, 30g	14 biscuits	21g	0.71
Special K, 30g	1 cup	21g	0.71
Special K Advantage, 40g	1 cup	26g	0.65
Sustain, 30g	1/2 cup	22g	0.74
Sultana Bran, 45g	3/4 cup	29g	0.64
Nutrigrain, 30g	1 cup	21g	0.69
Sanitarium			
Bran Flakes, 30g	1/2 cup	20g	0.67
Coco Pops, 40g	1 cup	35g	0.88
Cornflakes, 30g	1 cup	24g	0.81
Puffed Wheat, 25g	1 cup	18g	0.73
Ricies, 27g	1 cup	25g	0.83
Weet-Bix,			
Hi Bran, 40g	2 biscuits	22g	0.55
Oat Bran, 40g	2 biscuits	26g	0.65
Multi-Grain, 48g	2 biscuits	32g	0.67
Whole wheat, 30g	2 biscuits	21g	0.62
Vogel's			
Natural Muesli, 50g	1/2 cup	30g	0.61
Weight Watchers			
Tropical Breakfast, 30g	1/2 cup	21g	0.71



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Breads

	Quantity	CHO	CHO Factor
Average estimate:			
Wholemeal, 38g	1 medium slice	15g	0.39
Multigrain, 'lite', sliced, 27g	1 medium slice	17g	0.63
Multigrain, heavy, sliced, 37g	1 medium slice	17g	0.46
White, toast, 37g	1 slice	18g	0.49
White, medium, 29g	1 slice	14g	0.48
Mixed Fruit Loaf, 41g	1 slice	18g	0.44
Bakers Delight			
Cape Seed Loaf, large, s/w, 45g	1 slice	12g	0.28
Cape Seed Loaf, small, s/w, 35g	1 slice	10g	0.28
Cape Seed Roll, 85g	1 roll	25g	0.29
Lekkerbrot Loaf, large, s/w, 40g	1 slice	14g	0.35

Specialty Baked Breads/Products

	Quantity	CHO	CHO Factor
Bagels			
Abe's			
Natural, 90g	1	50g	0.55
New York			
Mini, 35g	1	17g	0.48
Plain and flavoured, 105g	1	56g	0.52
Bread Rolls			
Currant, 80g	1	39g	0.49
Long, white, supermarket, 77g	1	40g	0.53
Mixed grain, supermarket, 53g	1	25g	0.47
Wholemeal, supermarket, 53g	1	24g	0.45
White, supermarket, 49g	1	26g	0.53
Burrito Tortillas			
Old El Pasco			
Plain, 40g	1	22g	0.54
Brioche			
Plain, 60g	1 small	29g	0.48
Chapatti/Roti			
Thin, homemade, 20cm, 38g	1	17g	0.46
#Thick, takeaway, 75g	1	36g	0.46
Croissant			
Plain, 75g	1 large	30g	0.39
Plain, 50g	1 small	20g	0.39

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Specialty Baked Breads/Products - continued

	Quantity	CHO	CHO Factor
Crumpets			
Quality Bakers			
Round, 45g	1	16g	0.32
Square, 71g	1	23g	0.32
English Muffins			
Quality Bakers			
Plain, 65g	1	27g	0.42
Spicy Fruit, 65g	1	28g	0.44
Focaccia			
1/8 of 23cm round, 50g	1	21g	0.42
French Bread			
French stick, 25g	1 medium slice	13g	0.54
Plain length, 100g	1 large serve	52g	0.54
Hamburger Bun			
Hamburger bun, plain, 70g	1	35g	0.50
Hot Cakes			
Hot cakes, 55g	1	24g	0.44
Hot Cross Bun			
Baker's Delight			
Traditional, 65g	1	42g	0.64
Fruitless, 65g	1	36g	0.55
Choc chip, 65g	1	38g	0.59
Supermarket			
Traditional, 55g	1	32g	0.59
Naan Bread			
Plain, 100g	1 large	44g	0.44
Lebanese Bread			
Jabal			
Plain, medium, 80g	1	52g	0.65
Wholemeal, 80g	1	45g	0.56
Pita Bread Company			
Lebanese, 100g	1	55g	0.55
Panini			
Quality Bakers			
Plain and flavoured, 90g	1	43g	0.47
Pancake			
Plain, 15cm, 36g	1	10g	0.27

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Specialty Baked Breads/Products - continued

	Quantity	CHO	CHO Factor
Pita Bread			
The Real Pita Bread			
Mini, wholemeal, 40g	1	20g	0.51
White, 75g	1	38g	0.51
Wholemeal, 75g	1	39g	0.52
Taco Shell			
Old El Pasco			
Taco Shells, Jumbo, 19g	1	11g	0.56
Tortillas			
Quality Bakers			
Plain, 60g	1	27g	0.45
Wraps			
Quality Bakers, Traditional			
Large, 110g	1	56g	0.51
Persian Bread, Naan Wrap			
Plain, 61g	1 large	36g	0.59
Baker's Delight			
Apple and Walnut Scroll, 165g	1	81g	0.49
Apricot Delight Loaf, 30g	1 thin slice	17g	0.56
Cheeseymite scroll, 110g	1	42g	0.39
Finger bun, pink icing, 100 & 1000's, 85g	1 bun	53g	0.62
Sticky Cinnamon Scroll, 93g	1 roll	52g	0.47

Crispbread/Crackers

	Quantity	CHO	CHO Factor
Arnott's			
Original Water Crackers, w/grain, 3g	1	2g	0.77
Salada, Original, 14g	4 small	10g	0.71
Vita-Weat, 9 Grains, 5.8g	1	3g	0.59
Griffin's			
Vitalife Well Grain, Cracked Pepper, 7g	1	5g	0.69
Snax, Original, 3.5g	1	2g	0.62
Healtheries			
Rice Wafers, 10.5g	1	8g	0.79
Huntley & Palmer			
Litebread, Original, 7g	1	6g	0.81
Kavli			
Golden Rye, 6g	1 slice	10g	0.84
Real Foods			
Corn Thins, Original, 5.6g	1 slice	4g	0.71

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Ryvita

Original Rye, 10g	1 slice	6g	0.64
Multi Grain, 11g	1 slice	7g	0.62

Sakata

Rice Crackers, plain, 2g	1	1g	0.73
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Sweet Biscuits

	Quantity	CHO	CHO Factor
Arnott's			
Gingernuts, 8.5g	1	7g	0.80
Malt 'o' Milk, 7g	1	5g	0.76
Marie biscuits, 8g	1	6g	0.74
Milk Coffee, 9g	1	7g	0.74
Shredded Wheatmeal, 8.5g	1	5g	0.64
Snack Right Fruit Slice, 10g	1	7g	0.73
Griffin's			
Afghan, 17g	1	11g	0.62
Chocolate Chippies, 10g	1	7g	0.69
Chocolate Thins, 8g	1	5g	0.71
Fruit Fingers, Sultana, 12g	1	8g	0.71
Fruit Digestive, 13g	1	9g	0.67
Golden Fruit, 12.8g	1	9g	0.71
Malt, 7.5g	1	5g	0.71
Mallow Puff, Original, 20g	1	13g	0.64

Baked Products/Cakes

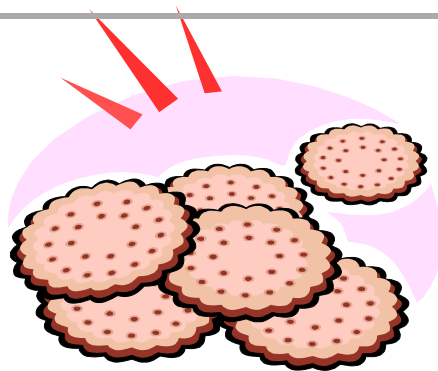
	Quantity	CHO	CHO Factor
Anzac Biscuit, 25g	1 small	14g	0.56
Apple Shortcake, 100g	1 large slice	26g	0.26
Banana Cake			
Not iced, average, 85g	1 slice	39g	0.45
# Biscotti, 15g	1 small	11g	0.72
Brandy Snap, 18g	1	16g	0.89
Chocolate Brownie, Ernest Adams, 65g	1 slice	40g	0.62
Chocolate Cake			
Iced, average, 61g	1	31g	0.52
Not iced, average, 59g	1 slice	28g	0.47
Chocolate Caramel Slice, 50g	1 small	30g	0.60
Chocolate Chip Biscuit, 34g	1	19g	0.56
Chocolate Eclair			
Chocolate iced, cream, 42g	1	13g	0.31

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Baked Products/Cakes - continued

	Quantity	CHO	CHO Factor
Christmas Mince Pies			
Mini fruit mince, without pastry top, 20g	1	11g	0.55
Fruit mince, lattice top, 60g	1	26g	0.43
Custard Square, 75g	1	35g	0.47
Danish Pastry, 52g	1	20g	0.36
Doughnuts, ring, 2.5 x 8.5cm, 42g	1	18g	0.44
Fruit Cake			
Rich, not iced, 7.5 x 5 x 1.5cm, 45g	1	25g	0.56
Rich, iced, 7.5 x 5 x 1.5cm, 45g	1	27g	0.60
Ginger Crunch, Ernest Adams, 69g	1 slice	41g	0.63
Lamington			
Chocolate, 140g, 2.5cm x 8.5cm	1	75g	0.54
Lemon curd, 17g	1 tablespoon	7g	0.39
Meringue, 8g	1 small	7g	0.88
Muffin			
Sweet, fruit, 6 x 7.5cm diameter, 124g	1 medium	48g	0.38
Pastry Case, sweet	1 small	8g	0.53
Pavlova, 100g, cream top, 100g	1	49g	0.49
Peanut Brownie			
16.3 x 3.5cm diameter, 22g	1	14g	0.64
Pikelets, plain, 1.5 x 9cm, 40g	1	18g	0.45
Scone, 50g	1 medium	22g	0.44
Shortbread, 13g	1	7g	0.57



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Grains/Legumes

	Quantity	CHO	CHO Factor
Baked Beans			
Tinned in tomato sauce, 141g	1/2 cup	23g	0.16
Wattie's			
Baked Beans, 300g tin	1 tin	41g	0.18
WeightWatchers			
Baked Beans, 130g	1 small tin	17g	0.13
Barley			
Pearl, dry, 100g	1/2 cup	61g	0.61
Pearl, boiled, 190g	1 cup	38g	0.21
Bulgur			
Boiled, 265g	1 cup	46g	0.17
Cannellini Beans			
Craig's			
Canned, drained beans, 240g	1 1/2 cups	28g	0.11
Chickpeas			
Craig's			
Canned, drained, 186g	1 cup	24g	0.12
Dried, boiled, 173g	1 cup	18g	0.10
Couscous			
Dry, 100g	1/2 cup	72g	0.72
Cooked, 120g	2/3 cup	28g	0.23
Dahl, 172g	1 cup	29g	0.16
Hummus, 15g	1 tbsp	1g	0.06
Haricot			
Boiled, drained, 180g	1 cup	27g	0.15
Kidney			
Red, dried, boiled, 209g	1 cup	22g	0.10
Canned, drained, 100g	1/2 cup	17g	0.17
Lentils			
Red, dried, boiled, 100g	1 cup	22g	0.22
Millet			
Cooked, 138g	1 cup	32g	0.23
Noodles			
Egg, boiled, 169g	1 cup	22g	0.13
Instant Noodles			
Maggi			
Instant 2-minute noodles			
Cooked, 320g	1 cake	61g	0.19

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Grain, Legumes - continued

Rice Noodles Boiled, 116g	1 cup	19g	0.17
Pasta			
Plain, dried, uncooked, 100g	1 cup	74g	0.74
#Plain, dried, cooked, 140g	1 cup	40g	0.28
Fresh, assorted, 150g	1 cup	36g	0.24
Rice			
Basmati rice, uncooked, 100g	1/2 cup	77g	0.77
#Rice, white, boiled, 145g	1 cup	40g	0.28
Rice, brown, boiled, 206g	1 cup	60g	0.30
Uncle Ben's			
Boil-in-bag, 125g	1 bag	96g	0.76
Sago			
Dry, uncooked, 100g	1/2 cup	84g	0.84
Cooked, 265g	1 cup	18g	0.07
Semolina			
Dry, uncooked, 35g	4 tbsp	23g	0.66
Cooked, milk, sugar, 245g	1 cup	15g	0.06
Soya Beans			
Dried, cooked, 150g	N/A	6g	0.04
Spaghetti			
Dry, 100g	1/4 pkt	75g	0.75
Dry, boiled, 148g	1 cup	35g	0.24
Wattie's Tinned Spaghetti			
Spaghetti in Tomato Sauce, 300g	1 tin	38g	0.13
Spaghetti in Tomato Sauce, 110g	1/2 cup	15g	0.13
Split Peas			
Dried, cooked, 194g	1 cup	43g	0.22



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Nuts/Seeds

	Quantity	CHO	CHO Factor
Almonds			
Raw, 12g	10	1g	0.06
Raw, 155g	1 cup	10g	0.06
Brazil			
Raw, 152g	1 cup	6g	0.03
Raw, 38g	10	1g	0.03
Cashew			
Unsalted, roasted, 148g	1 cup	32g	0.21
Salted, roasted, 148g	1 cup	39g	0.26
Hazelnuts			
Raw, chopped, 137g	1 cup	7g	0.05
Linseeds			
Raw, 28g	3 tbsp	11g	0.39
Macadamia			
Oil, roasted, 144g	1 cup	15g	0.10
Peanuts			
Raw, 18g	10	2g	0.11
Dry roasted, 150g	1 cup	17g	0.11
Pecan			
Raw, 116g	1 cup	16g	0.13
Raw, 34g	10	5g	0.13
Pistachio			
Raw, 130g	1 cup	17g	0.13
Pumpkin Seeds			
Raw, 145g	1 cup	16g	0.11
Raw, 15g	1 tbsp	2g	0.11
Sesame Seeds			
Raw, 144g	1 cup	12g	0.08
Raw, 9g	1 tbsp	1g	0.08
Sunflower Seeds			
Raw, 144g	1 cup	24g	0.16
Walnuts			
Raw, 114g	1 cup	5g	0.04

Vegetables

	Quantity	CHO	CHO Factor
Beetroot			
Fresh, canned, drained, sliced, 30g	1 slice	3g	0.11
Golden Circle			
Baby Beets, 125g	4 small	15g	0.12
Broad Beans, 170g	1 cup	15g	0.08
Carrots			
Sliced, boiled, drained, 157g	1 cup	9g	0.05
Corn			
Swt, kernels, canned, boiled, 173g	1 cup	26g	0.15
# Corn on Cob, 265g	1 medium cob	24g	0.09
# yields cooked, drained, 90g	1/2 cup	15g	0.17
Wattie's			
Super Sweet Corn Cobs, 100g	1 cob	13g	0.13
Cream Style Corn			
Creamed Corn, 140g	1/2 cup	23g	0.17
McCain			
Super Juicy Corn, uncooked, 100g	3/4 cup	19g	0.19
Frozen corn, boiled, drained, 85g	1/2 cup	11g	0.17
Green Banana			
Cooked, boiled, 140g	1 small	37g	0.26
Kumara			
Red, boiled, 157g	1 small	27g	0.17
Roasted, flesh, 108g	1/2 cup	23g	0.21
Parsnip			
Fresh, boiled, drained, 160g	1	20g	0.12
Peas			
Green, frozen, boiled, 164g	1 cup	7g	0.04
Potato			
Raw, 200g	1 medium	40g	0.20
Boiled, plain, 114g	1 small	21g	0.18
Boiled, mashed, 210g	1 cup	30g	0.14
Roasted, in beef dripping, 95g	1	21g	0.22
McCain			
Healthy Superfries, straight, 100g	12	21g	0.21
Crunchy Potato Wedges, 100g	12	25g	0.25
Wattie's			
Hash Brown, onion, 62g	1	14g	0.22
Pumpkin			
Boiled, 110g	1/2 cup	4g	0.04
Baked, 108g	1/2 cup	10g	0.09
Roasted, flesh & skin, 107g	1/2 cup	5g	0.05

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Vegetables - continued

	Quantity	CHO	CHO Factor
Taro Common, baked, 155g	1 small	40g	0.25
Yam Cooked, cubed, 70g	1/2 cup	21g	0.29



Fruit

	Quantity	CHO	CHO Factor
Figures apply to edible portion unless stated otherwise. Figures for banana and oranges including skin are estimates only, as they are affected by the thickness of the skin.			
Note: All stewed fruit is without added sugar.			
Apple			
Raw, 130g	1 medium	14g	0.10
Stewed, 90g	1/2 cup	7g	0.07
Apricots			
Raw, 54g	1 medium	5g	0.09
Stewed, unsweetened, 130g	1/2 cup	7g	0.05
Dried, 35g	10 halves	17g	0.48
Banana			
Raw, without skin, 117g/154g	1 medium/large	30g/40g	0.24
Raw, with skin, 183g/239g	1 medium/large	30g/40g	0.17
Bobby Banana			
Raw, without skin, 60g	1 small	15g	0.24
Raw, with skin, 105g	1 small	15g	0.14
Blackberries			
Fresh, 123g	1 cup	12g	0.10
Frozen, 160g	1 cup	12g	0.07
Blackcurrants			
Frozen, unsweetened, 59g	1/2 cup	4g	0.06
Blueberry			
Raw, 120g	1 cup	21g	0.17
Frozen, unsweetened, 164g	1 cup	20g	0.12
Boysenberries			
Fresh, 133g	1 cup	10g	0.07
Frozen, unsweetened, 140g	1 cup	9g	0.06
Cherries			
Raw, 67g	10	9g	0.14
Cranberries			
Frozen, 55g	1/2 cup	2g	0.04
Craisins, dried, sweetened, 10g	1 tablespoon	8g	0.83
Craisins, dried, sweetened, 30g	1/4 cup	25g	0.83
Currants			
Dried, 77g	1/2 cup	52g	0.67
Dates			
Dried, 83g	10	56g	0.68
Chopped, 94g	1/2 cup	64g	0.68
Dried Fruit			
Mixed, 174g	1 cup	118g	0.68

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Feijoas				
Raw, flesh, 50g	1 average	4g		0.08
Raw, with skin, 75g	1 average	4g		0.05
Figs				
Dried, 16g	1	9g		0.54
Dried, 105g	1/2 cup	58g		0.54
Grapefruit				
Fresh, 236g	1	12g		0.05
Grapes				
Black, raw, 54g	10	8g		0.15
Kiwifruit				
Raw, fresh, 90g	1 medium	8g		0.09
Raw, fresh, with skin, 115g	1 medium	8g		0.07
Loganberries				
Raw, 156g	1 cup	5g		0.03
Mandarin				
Raw, 60g	1 small	6g		0.10
Raw, fresh, with skin, 85g	1 small	6g		0.07
Mango				
Raw, 203g	1	30g		0.15
Raw, sliced, 176g	1 cup	26g		0.15
Melon				
Cantaloupe, raw, 172g	1 cup diced	9g		0.05
Honeydew, raw, 172g	1 cup diced	17g		0.10
Rockmelon, 168g	1 cup diced	11g		0.06
Watermelon, raw, 213g (2.5x25.5x12cm)	1 slice	11g		0.05
Mixed Berries				
Frozen, 100g	1 cup	7g		0.07
Nashi Pear				
Raw, 130g	1	12g		0.10
Nectarine				
Raw, 143g	1 medium	11g		0.08
Orange				
Raw, without skin 155g	1 medium	14g		0.09
Raw, with skin, 205g	1 medium	14g		0.07
Papaya				
Raw, 100g	1/4 fruit	7g		0.07
Passionfruit				
Raw, fresh, 18g	1 medium	1g		0.07

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Fruit - continued

	Quantity	CHO	CHO Factor
Peach			
Raw, 138g	1 small	10g	0.07
Canned, natural juice, 130g	1/2 cup	12g	0.09
Dried, 61g	1/2 cup	31g	0.50
Pear			
Raw, 148g	1 small	17g	0.12
Canned, natural juice, 129g	1/2 cup	11g	0.09
Persimmon			
Raw, flesh, no stones, 145g	1 medium	22g	0.15
Raw, with skin, 200g	1 medium	22g	0.11
Pineapple			
Raw, 110g	1 slice	12g	0.11
Plums			
Raw, 49g	1 small	7g	0.14
Stewed, w/o sugar, 132g	1/2 cup	9g	0.07
Prunes			
Dried, 84g	10	37g	0.44
Stewed, w/o sugar, 112g	1/2 cup	26g	0.23
Raisins			
Dried, 15g	1 tbsp	10g	0.67
Dried, 69g	1/2 cup	46g	0.67
Raspberries			
Fresh, 136g	1 cup	6g	0.05
Rhubarb			
Stewed, w/o sugar, 265g	1 cup	3g	0.01
Strawberries			
Fresh, 158g	1 cup	10g	0.07
Fresh, 28g	5	2g	0.07
Sultanas			
Dried, 15g	1 tbsp	10g	0.75
Dried, 76g	1/2 cup	58g	0.75
Tamarillo			
Red, raw, flesh 75g	1 small	3g	0.04
Red, fresh, with skin, 95g	1 small	3g	0.03
Tangelo			
Fresh, 90g	1 small	6g	0.08



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Dairy Products

	Quantity	CHO	CHO Factor
Frozen Yoghurt			
Zilch			
Frozen yoghurt, 70g	1/2 cup	14g	0.19
Ice-Cream			
Vanilla, standard, 70g	1/2 cup	14g	0.20
Hokey Pokey, 76g	1/2 cup	18g	0.23
Vanilla, low fat, 65g	1/2 cup	16g	0.24
Vanilla, premium, 70g	1/2 cup	12g	0.18
Zilch			
Ice-cream, 70g	1/2 cup	6g	0.09
Ice-cream Cone			
Single, plain, wafer type, 5g	1	4g	0.80
Sugar/Waffle, 17g	1	13g	0.80
Milk			
Low fat/fat reduced, 250ml	1 large glass	14g	0.06
Soy milk, lite, 250ml	1 large glass	13g	0.05
Buttermilk			
Tararua			
Buttermilk, 250ml	1 cup	11g	0.04
Coconut Milk			
Trident			
Coconut Milk, Lite, 400ml	1 can	12g	0.03
Evaporated Milk			
Carnation			
Lite and Creamy, 125ml	1/2 cup	15g	0.12
Lite, Coconut, 125ml	1/2 cup	14g	0.12
Milkshakes			
Whole milk, average flavours, 300ml	1	19g	0.06
Thickshake, 300ml	1	50g	0.17
Smoothies			
Fresh 'n' Fruity			
Smoothie, 300ml	1 bottle	30g	0.10



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Dairy Products - continued

	Quantity	CHO	CHO Factor
Yoghurts			
Average estimates:			
Natural, low fat			
Unsweetened, 120g	1/2 cup	5g	0.04
Sweetened, with sugar, 150g	1/2 cup	20g	0.13
Fruit Flavoured, low fat			
Artificially sweetened, 150g	1/2 cup	10g	0.08
Sweetened yoghurt, 150g	1/2 cup	29g	0.19
Easi-Yo			
Reduced Fat, Natural, 200g	3/4 cup	10g	0.05
Sorbet			
Zilch			
Sorbet, 70g	1/2 cup	13g	0.19

Sauces/Mayonnaise/Salad Dressings/Chutney

	Quantity	CHO	CHO Factor
Chutney			
Fruit, homemade, 25g	1 tbsp	11g	0.44
Sweet pickle, 17g	1 tbsp	6g	0.34
Gravy			
Dried, low fat, prepared with water, 260g	1 cup	5g	0.02
Mayonnaise			
Commercial, 15g	1 tbsp	3g	0.19
Reduced fat, 15g	1 tbsp	3g	0.23
Pasta Sauce			
Tomato based, canned 258g	1 cup	23g	0.09
Salad Dressing			
Reduced fat, 25g	1 tbsp	5g	0.20
French dressing, 15g	1 tbsp	1g	0.08
Sauces			
Chilli sauce, 17g	1 tbsp	3g	0.17
Tomato sauce, 15g	1 tbsp	4g	0.24
Tomato puree, 250ml	1 cup	17g	0.07
White Sauce			
Homemade, 18g	1 tbsp	2g	0.09

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Eating Out

	Quantity	CHO	CHO Factor
Café Style Food			
Falafel, vegetarian, 5cm	1 ball	6g	N/A
Fish cake, baked, 76g	1	15g	0.19
Fish pie, 220g	1 cup	26g	0.11
Kebab			
# Pita bread, Hummus, salad, chicken	1 small	45g	N/A
Kumara chips, deep fried, 100g	1 cup	31g	0.31
Lasagne, beef, mince, 3 x 5cm, 310g	1	23g	0.07
Macaroni, cheese, 258g	1 cup	29g	0.11
Meat pie, 172g	1	30g	0.17
Pizza			
Hawaiian, thick crust, 1/8 pizza, 97g	1 slice	33g	0.34
Poppadom, fried, 6g	1	1g	0.16
Potato salad, 238g	1 cup	46g	0.18
Quiche Lorraine			
¼ pie, 22.5cm diameter, 263g	1	34g	0.12
Rice salad, 244g	1 cup	46g	0.18
Sausage roll, 100g	1 medium	30g	0.30
Savoury Pastries			
Bacon & Egg, 1 crust, 40g	1 small party size	8g	0.20
Mince savoury, pastry top, 55g	1 small party size	15g	0.28
Cottage savoury, potato top, 65g	1 small party size	13g	0.20
Sausage roll, 55g	1 small party size	9g	0.17
Shepherd's pie			
1/8 pie, 23cm diameter, 115g	1 serve	9g	0.07
Sushi, 100g	2	12g	0.12
Tabouleh salad, 169g	1 cup	18g	0.10

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Soups

	Quantity	CHO	CHO Factor
Thick Soup			
Average estimate:			
Soup, 260g	1 cup	20g	0.08
Lentil, home-made, 250ml	1 cup	13g	0.05
Miso soup, from 1 tbsp paste, 250ml	1 cup	5g	0.02
Pumpkin, homemade, 250ml	1 cup	25g	0.10
Wonton, Asian, 250ml	1 cup	18g	0.07

Fast Foods

	Quantity	CHO	CHO Factor
Chinese			
Chop Suey			
Chicken, lean meat, fat, stir fried, 253g	1 cup	14g	0.05
Chow Mein			
Beef, lean, fat, stir fried, 253g	1 cup	11g	0.04
Chicken, 253g	1 cup	19g	0.07
Combinations, 253g	1 cup	20g	0.07
Fried Rice, 209g	1 cup	62g	0.29
Sweet and Sour Pork, 253g	1 cup	26g	0.10
Fish and Chips			
Battered fish, 146g	1 medium	22g	0.15
Hot chips, 250g	1 medium	60g	0.24
McDonald's			
Big Mac, 200g	1	35g	0.17
Regular hamburger, 92g	1	25g	0.27
Cheeseburger, 108g	1	26g	0.24
Potato Fries			
97g	1 medium serve	37g	0.38
71g	1 small serve	27g	0.38
Pizza Hut			
Supreme Regular			
Thick crust, 98g	1 slice	28g	0.28
Thin crust, 70g	1 slice	18g	0.26

Note: The weight of slices vary - it is easy to underestimate the carbohydrate per slice.

Subway

Subway 'Under 6', deli			
Ham, roast beef, turkey breast	1	47g	
Subway 'Under 6', sub			
Ham, roast beef, roasted chicken	1	47g	

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Desserts

	Quantity	CHO	CHO Factor
Aunt Betty's Healthy De-Lites			
Apple and Wildberry, 100g	1	47g	0.50
Apple Crumble, baked, 250g	1 cup	80g	0.32
Bread and butter pudding, baked, 250	1 cup	40g	0.16
Christmas pudding, 132g	1/2 cup	67g	0.50
Fresh fruit salad, 100g	1 serve	10g	0.10
Fruit pie, 1 crust, 6 x 6 x 2cm, 87g	1 serve	23g	0.27
Jelly, regular, all flavours, 140g	1/2 cup	22g	0.16
Lemon Meringue pie, 100g	1 large serve	34g	0.34
Pastry			
Filo, ready rolled, 21g	2 sheets	15g	0.71
Flakey, 8 x 8 x 5cm, 34g	1 sheet	13g	0.38
Puffed, ready rolled, 125g	1 sheet	51g	0.40
Pavlova, cream topped, 45g	1 serve	22g	0.50
Rice Pudding, homemade, 250g	1 cup	45g	0.18
Sponge Pudding			
Fruit, steamed, 1/6 pudding, 90g	1 serve	40g	0.44
Trifle, 180g	1 cup	40g	0.22
Wattie's Creamed Rice			
98% Fat Free, 220g	1 tin	41g	0.18

Drinks

	Quantity	CHO	CHO Factor
Chocolate Drinks			
Drinking Chocolate, 3g	1 tsp	2g	0.74
Horlicks, 7.4g	1 tbsp	6g	0.81
Milo, 8g	1 tbsp	6g	0.75
Ovaltine, 6.4g	1 tbsp	6g	0.93
Coffee			
#Café Latte, 350ml	1 cup	14g	N/A
#Cappuccino, 200ml	1 cup	5g	N/A
#Flat White, 200ml	1 cup	6g	N/A

Note: Serving size and strength of coffee varies greatly. On average, approximately 70% of a cup of coffee is milk



Drinks - continued

	Quantity	CHO	CHO Factor
Fruit Juice			
Just Juice, No Added Sugar 250ml	1 glass	25g	0.10
Tomato Juice 250ml	1 glass	10g	0.04

Snack Foods

	Quantity	CHO	CHO Factor
Corn chips, 50g	1 small pkt	29g	0.58
Le Snak, 25g	1 pkt	7g	0.28
Potato crisps, 50g	1 small pkt	26g	0.52
Popcorn, plain, 16g	2 cups	12g	0.75
Pretzels, 99% Fat Free, 28g	35	22g	0.70

Confectionary

	Quantity	CHO	CHO Factor
Chocolate, fancy, filled, 5g	1	5g	1.00
Crunchie Bar , 53g	1 bar	35g	0.66
Easter Egg Cadbury Marshmallow Egg, 25g	1	17g	0.68
Fruit gums, 2g	1	2g	1.00
Jelly Beans			
Small, 12g	6	12g	0.98
Jumbo, 15g	3	14g	0.98
Home Brand			
Standard, 15g	4	13g	0.86
Kit Kat, 12g	1 finger	7g	0.58
Marshmallows			
Standard, 4g	1	3g	0.78
Roses Chocolate, 25g	2	16g	0.63



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Miscellaneous

	Quantity	CHO	CHO Factor
Breadcrumbs			
Commercial, 180g	1 cup	59g	0.32
Fresh, wholemeal, 180g	1 cup	70g	0.38
Cocoa Powder, 25g	1/4 cup	5g	0.24
Cornflour, 7.5g	1 tbsp	7g	0.93
Custard Powder, 9g	1 tbsp	7g	0.78
Flour			
Plain, 25g	1 tbsp	17g	0.65
Plain, 130g	1 cup	85g	0.65
Wholemeal, 134g	1 cup	80g	0.60
Golden Syrup, 20g	1 tbsp	16g	0.80
Sugar, white			
218g	1 cup	214g	1.00
15g	1 tbsp	15g	1.00
4g	1 tsp	4g	1.00
Treacle, 20g	1 tablespoon	15g	0.72
Honey, 21g	1 tbsp	17g	0.80
Jam, 20g	1 tbsp	15g	0.75

Data were obtained from the Concise New Zealand Food and Crop Tables, 7th edition and from the nutritional information panels on food products.

Disclaimer: Every effort and care has been taken in obtaining and calculating the carbohydrate content of foods in compiling this resource.

All measurements are approximations.

As food manufacturers continue to modify their products it is important to obtain the carbohydrate content from the nutritional information panel when possible.

References

The Concise New Zealand Food Composition Tables, 7th edition

The New Zealand Institute for Crop and Food Research, Ltd, Palmerston North, New Zealand.

Food Works Computer Data Base

Common Standard Measure of New Zealand Foods

Lyn Gillanders, Dietitian, Auckland Hospital

Gregory Milligan, Nutritionist, DSIR, Palmerston North

Family Circle – The Fat, Fibre and Carbohydrate Counter

Food Labels

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