

# Carbohydrate serve list

Each of the following foods is equal to approximately **15 grams of carbohydrate** which is what we call **1 serve**. They are all carbohydrate rich foods.

## CEREALS

1 ½ Weet-bix or Vita Brits

½ - 1 Oats sachet

¼ cup:

- Rolled oats, raw
- Quick oats, raw
- Untoasted muesli

1/3 cup:

- Sultana Bran
- Just Right
- Sustain

½ cup:

- All Bran
- Special K (advantage or original)
- Uncle Toby's Plus range
- Light 'n' Tasty range

2/3 cup:

- Cornflakes
- Guardian

¾ cup Cheerios

1 muesli bar



## PASTA AND RICE

1/3 cup rice, cooked



½ cup pasta or noodles, cooked

120g (small can) canned spaghetti



1/3 cup ravioli



## BREADS

1 slice white, wholemeal or wholegrain



½ medium bread roll



1 slice fruit loaf



½ sheet lavash bread

½ English muffin



1 round crumpet



1 medium pikelet



1 small scone



1 small cake style muffin

## DAIRY PRODUCTS

1 cup (250mL) milk



¾ cup (200mL) flavoured milk

200mL (1 tub) diet yoghurt



100mL:

- light yoghurt
- flavoured yoghurt



1/3 cup custard

1 scoop (45g) ice cream



## SPORTS FOODS

200mL sports drink

½ sports bar

2/3 sports gel sachets



## FRUIT

1 small:

- apple
- pear
- orange



2 medium:

- nectarines
- plums
- kiwi fruits
- apricots
- mandarins



½ medium banana



20 (1 cup) grapes

2 cups:

- rockmelon
- watermelon



1 cup fruit salad



½ cup fruit juice

½ cup canned fruit in juice

6 dried apricot halves



1 heaped tablespoon sultanas

3-4 dates, prunes



## VEGETABLES AND LEGUMES

1 small potato



½ cup mashed potato

½ cup sweet potato



½ cup corn kernels

1 cup parsnip, cooked



½ cup baked beans

¾ cup lentils



## SAVOURY BISCUITS

2 Ryvita crispbreads or rice cakes

3 rice or corn thins



4 Vita-Wheats (2 sandwich size)

6 small squares Salada's

10 rice crackers



## SWEET BISCUITS

2 fruit filled biscuits



2 Weight Watchers cookies

3 plain biscuits



## TAKE AWAY DISHES

1 slice thin crust pizza



½ sausage roll

½ meat pie

½ cheeseburger

1/3 of 6 inch Subway

6 chicken nuggets



## SUGARS AND CONFECTIONARY

1 tablespoon sugar



1 tablespoon honey, jam

5 squares plain chocolate

1 fun-size chocolate bar

4-5 jelly babies

1/3 can soft drink

