

Carbohydrate Foods

The following are equal to ONE (1) serve or exchange- [15g total carbohydrate]

Breads

Bread (<i>all types</i>); <u>Bread (grain)</u>	1 slice
Raisin/Fruit loaf, Mountain Bread™	1 slice
Dinner roll (small)	1
Bread roll, Hamburger Bun, Bagel	1/2
Pita bread	1 small (30g)
Lebanese flatbread (23cm)	1/3 (30g)
Lavash bread	1/2
Crumpet/Scone	1
English muffin (<u>grainy</u>)	1/2
Pikelet	2

Biscuits [limit to 1 serve per day or less]

Spicy Fruit Rolls™/Snackright pillows™	1
Full of Fruit/Snackright fruit slice™	2
Ryvita™	2
<u>Oatmeal, Rich Tea™</u>	2
Rice cakes (grain) /Corn Thins™ (grain)	2 or 4
Wheatmeal™	3
Crackerbread, Cruskits™, <u>Vita-weat™</u>	4
Premium™ 97% fat free	4
Salada™ (bitesize), Water Cracker™	6

Breakfast Cereals

<u>Muesli (av. all brands)</u>	25g (~½ cup)
Just Right™, Sustain™, Sultana Bran™	1/3 cup
<u>All Bran Fruit 'n' Oats™</u>	1/3 cup
<u>All Bran™, Guardian™, Special K™</u>	½ cup
Fibre Plus™, Sport's Plus™	½ cup
Bran Flakes™, Weeties™	2/3 cup
Light 'n' Tasty™	2/3 cup
Shredded Wheat™, Good Start™	1 bisc
Wheatflake biscuits (all varieties)	2 bisc
Mini Wheats™	10 bisc
<u>Rolled Oats</u>	Dry ¼ cup
	Cooked ¾ cup

Rice/Pasta

Rice (<u>Basmati/Doongara Clever™</u>)	cooked 1/3 cup (19g dry weight)
<u>Pasta</u> (all varieties)	cooked 1/3 cup (22g dry weight)
Spaghetti – tinned	½ cup (130g)

Miscellaneous

Filo pastry	2 sheets
Breadcrumbs (dry)	¼ cup
Flour	2 Tbsp
Popcorn	1 ½ cup
<u>Honey</u>	1 dessertspoon
100% fruit jam/ sugar	1 level tablespoon

Vegetables

Potato (steamed, baked)	1 medium (140g)
Potato, mashed	½ cup
Sweet potato	½ cup (110g)
<u>Corn: on cob</u>	½ cob (85g)
Corn kernels, creamed	½ cup
<u>Baked beans</u>	½ cup
<u>Kidney, Soya, Lima beans</u>	2/3 cup
<u>Lentils, Chick peas</u>	½ cup

Fruit [choose 2-3 serves per day]

(amounts are approximate,

<u>Apple</u> (medium)	1 (145g)
Apricots	4 (190g)
<u>Banana (small, peeled)</u>	1 (75g)
Blackberry	1 cup (200g)
Blueberry, Cherry (pitted)	1 cup (130g)
Fig (fresh)	5 (190g)
<u>Grape</u>	¾ cup (100g)
Grapefruit	1 large (300g)
Honeydew melon	1 ¼ cup (240g)
<u>Kiwi Fruit</u>	2 (150g)
Mandarin (medium)	2 (180g)
Mango (small)	1 (120g)
Nectarine (small)	2 (190g)
<u>Orange</u>	1 (200g)
Paw Paw	1/3 (215g)
<u>Peach</u>	1 (240g)
<u>Pear</u>	1 (105g)
Pineapple (peeled)	2 slices (185g)
<u>Plum</u>	3 (220g)
Rockmelon	½ whole (300g)
Watermelon	1 ½ cups (300g)
Fresh fruit salad	¾ cup (150g)
Stewed/Canned Fruit (natural juice)	¾ cup
Pure Fruit Juice (unsweetened)	½ cup
Dried Fruit: Apple, Date, Prune	3 - 4
<u>Apricots</u>	10 halves (32g)
Raisins, Sultanas	1 ½ tbsp (20g)

Milk Products [choose 3 serves per day]

<u>Milk</u> (low fat)	250mls
<u>Soymilk</u>	300mls
Buttermilk	300mls
Evaporated milk (low fat)	130mls
<u>Powdered milk (low fat)</u>	4 tbsp
<u>Plain Yoghurt (low fat)</u>	200g carton
<u>Fruit Yoghurt (low fat)</u>	½ carton (100g)
<u>Diet Fruit Yoghurt</u>	200g carton
<u>Custard (low fat)</u>	½ cup
<u>Icecream (low fat)</u>	2 scoops
<u>Milk with Milo™</u>	200ml + 2 tsp

ALWAYS READ FOOD LABELS FOR ACCURATE INFORMATION

Low Glycemic Index (GI) choices are underlined