

## INFORMATION FOR PATIENTS

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# Carbohydrate list for small, medium, large and extra large portions

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Carbohydrates are an important source of energy that affect your blood sugar levels. Understanding how much carbohydrate is in your food can help with improved blood sugar control and healthy eating.

For many people, counting carbohydrates can feel tricky, confusing or stressful. This leaflet is designed to make things simpler. Instead of working out exact numbers, it gives you clear examples of small, medium, large and extra-large portions of everyday carbohydrate foods. You can use it as a quick reference to help with meal planning, without needing to weigh or calculate every time.

Use this leaflet as a handy reference to make carb counting easier. For more personalised advice, please talk to your dietitian or healthcare team.

	15g carbohydrate (small carb portion)	30g carbohydrate (medium carb portion)	60g carbohydrate (large carb portion)	90g carbohydrate (extra-large carb portion)
<b>Bread</b>	1 medium slice of bread ½ wrap of tortilla 1 mini pitta bread (30g) ½ mini size naan bread 1 x small size cooked chapatti (30g) 1 small/thin crumpet 1 x slice ½-inch French stick (30g) 1 small bread roll 2 crisp breads 1 slice garlic bread	2 medium slices of bread 1 wrap of tortilla (approximately 8 inches) 1 medium pitta bread (60g) 1 mini size naan bread 1 medium size cooked chapatti (60g) 2 small/thin crumpet 2 slices of ½-inch French stick 1 medium bread roll / 2 small bread rolls 4-5 crisp breads 3 slices garlic bread	4 medium slices of bread 2 wraps of tortilla, approximately 8 inches each 1 large size naan 2 medium pitta bread - 12-inch cooked chapatti 2 medium size chapatti 4 small/thin crumpet ½ stick French stick 2 medium bread rolls 8 - 9 crisp breads 6 slices garlic bread	6 medium slices of bread 3 wraps of tortilla, approximately 8 inches each 1 large + 1 mini size naan 3 medium pitta bread (60g each) 3 medium size chapatti 6 small/thin crumpet ¾ stick French stick 3 medium bread rolls 13 crisp breads 9 slices of garlic bread
<b>Potatoes</b>	1-2 egg-sized boiled/ new potatoes/ 3 thumb sized new potatoes 1 heaped tablespoon mashed potatoes with milk or butter 1 small size roast potatoes (50g)	3 egg-sized boiled new potatoes/5 -6 thumb sized new potatoes 2 heaped tablespoons mashed potatoes with milk or butter	6 egg-sized boiled new potatoes/12 thumb sized new potatoes 4 heaped tablespoons mashed potatoes with milk or butter	9 egg-sized boiled new potatoes/15 thumb sized new potatoes 6 heaped tablespoons mashed potatoes with milk or butter

	1½ tablespoons mashed sweet potato 1 small jacket potato (80g cooked) 6 -7 potato wedges (baked) 1 potato waffle (50g) 5 thick/ 10 thin deep-fried chips 10 oven chips (thin) 5 oven chips (thick) ¼ cup of cooked cassava fufu/ Garri (Eba)/pounded yam ⅓ cup of cooked plantain fufu/ Amala (yam flour) /Banku/ Kenkey One ¼ cup + 1/8 cup of Tuwo (maize/rice) 1 slice of boiled yam	1 medium size roast potatoes 3 tablespoons mashed sweet potato 1 medium jacket potato (150g cooked) 15 potato wedges (baked) 2 potato waffles 10 thick/ 20 thin deep-fried chips 20 oven chips (thin) 10 oven chips (thick) ½ cup of cooked cassava fufu/ Garri (Eba) Two ⅓ cups of cooked plantain fufu/ Amala (yam flour) /Banku/ Kenkey/pounded yam Three ¼ cup of Tuwo (maize/rice) 2 slices of boiled yam	2 medium size roast potatoes 6 tablespoons mashed sweet potato 1 large jacket potato (220g cooked) 30 potato wedges (baked) 4 potato waffles 20 thick/40 thin deep-fried chips 40 oven chips (thin) 20 oven chips (thick) 1 cup of cooked cassava fufu/ Garri (Eba) 1 cup + ⅓ cup of cooked plantain fufu/ Amala (yam flour) /Banku/ Kenkey/pounded yam 1 cup + ½ cup of Tuwo (maize/rice) 4 slices of boiled yam	3 medium size roast potatoes 9 tablespoons mashed sweet potato 1 extra-large jacket potato (340g cooked) 45 potato wedges (baked) 6 potato waffles 30 thick/60 thin deep-fried chips 60 oven chips (thin) 30 oven chips (thick) 1 cup + ½ cup of cooked cassava fufu/ Garri (Eba) 2 cups of cooked plantain fufu/ Amala (yam flour) /Banku/ Kenkey/pounded yam 2 cups of Tuwo (maize/rice) 6 slices of boiled yam
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<b>Rice/pasta/noodles and other grains (cooked)</b>	1½ tablespoons cooked rice 3 tablespoons cooked couscous 2 tablespoons or 80g cooked quinoa 2 tablespoons or 100g cooked bulgar wheat 2 tablespoons or 95g cooked polenta 1½ tablespoons cooked pasta 1½ tablespoons cooked egg noodles 2 tablespoons or 50g cooked rice noodles	3 tablespoons cooked rice (100g) 6 tablespoons cooked couscous 4 -5 tablespoons or 170g cooked quinoa 5 tablespoons or 200g cooked bulgar wheat 4-5 tablespoons or 195g cooked polenta 3 tablespoons cooked pasta 3 tablespoons or 80g cooked egg noodles 4 tablespoons or 100g cooked rice noodles	6 tablespoons cooked rice 12 tablespoons cooked couscous 10 tablespoons cooked quinoa 10 tablespoons or 400g cooked bulgar wheat 9 tablespoons cooked polenta 6 tablespoons cooked pasta 6 tablespoons cooked egg noodles 8 tablespoons cooked rice noodles	12 tablespoons cooked rice 18 tablespoons cooked couscous 15 tablespoons cooked quinoa 15 tablespoons cooked bulgar wheat 15 tablespoons cooked polenta 9 tablespoons cooked pasta 9 tablespoons cooked egg noodles 12 tablespoons cooked rice noodles
<b>Breakfast cereal</b>	2 tablespoons porridge oats 3 tablespoons Bran Flakes/ Malted Wheats/Special Flakes with berries/Cheerios/ Cornflakes/ Crunchy Nut Cornflakes/ Frosties 2 tablespoons no added sugar muesli	4 tablespoons porridge oats 6 tablespoons Bran Flakes/ Malted Wheats/Special Flakes with berries/Cheerios/ Cornflakes/ Crunchy nuts Cornflakes/ Frosties	8 tablespoons porridge oats 12 tablespoons Bran Flakes/ Malted Wheats/Special Flakes with berries/Cheerios/ Cornflakes/ Crunchy Nut Cornflakes/ Frosties	12 tablespoons porridge oats 16 tablespoons Bran Flakes/ Malted Wheats/Special Flakes with berries/Cheerios/ Cornflakes/ Crunchy Nut Cornflakes/ Frosties

	5 tablespoons Special K 2-3 tablespoons Fruit and Fibre 3-4 tablespoons Rice crispies 1 wheat biscuit/ oat biscuits/ wheat pillows	4 tablespoons no added sugar muesli 9 tablespoons Special K 5 tablespoons Fruit and Fibre 7 tablespoons Rice Krispies 2 wheat biscuits/ oat biscuits/ wheat pillows	8 tablespoons no added sugar muesli 18 tablespoons Special K 10 tablespoons Fruit and Fibre 14 tablespoons Rice Krispies 4 wheat biscuits/ oat biscuits/ wheat pillows	12 tablespoons no added sugar muesli 27 tablespoons Special K 15 tablespoons Fruit and Fibre 21 tablespoons Rice Krispies 6 wheat biscuits/ oat biscuits/ wheat pillows
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Below are samples of cups and tablespoons mentioned in this leaflet.



### Contact details

Nutrition and Dietetics Department  
Clinic 5, King's Treatment Centre, King's Mill Hospital  
Mansfield Road, Sutton- in Ashfield,  
Nottinghamshire, NG17 4JL

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

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