

Healthier Communities,
Outstanding Care



Sherwood Forest Hospitals
NHS Foundation Trust

A guide to Carbohydrate reference tables

Information for patients



Introduction

This booklet contains tables that lists the carbohydrate content of usual food. Use the tables to help you to calculate the amount of carbohydrate (CHO) in the foods that you eat. You can then adjust your meal time insulin doses according to your insulin:carb ratio.

Use this reference guide to identify a typical portion size **or** identify the grams of CHO/100g of the food.

Work out the amount of CHO in your serving of food by using this equation:

$$\frac{\text{Carbohydrate per 100g}}{100} \quad \times \quad \text{weight of portion}$$

Now you can work out the amount of insulin to match the CHO, for example if your ratio is 1:10g then 30g of CHO = 3units).

Example

To find out the amount of carbohydrate in a serving of cooked rice:

Using reference tables

Portion weight: 2 tbsp. = 70g.

Reference table indicates 11g of CHO in 1tbsp (35g).

therefore 70g rice contains 22g CHO.

Using equation:

CHO in 100g rice (reading label = 31.1g per 100g).

Weighed portion = 70g (weigh or check weight in reference table).

$31/100 \times 70 = 21.7\text{g}$, therefore **70g rice contains 21.7g CHO.**

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Weight conversions:

1oz = 25g

1 teaspoon (tsp) = 5ml

1 tablespoon (tbsp) = 15ml

Liquid measures:

1ml = 1g

5fl oz (1/4 pint) = 150ml

Breakfast cereals (not including milk unless otherwise stated)

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
All Bran	6tbsp	40g	19g	48g
Branflakes	6tbsp	48g	32g	65g
Cheerios multigrain	8tbsp	40g	29g	71g
Coco Pops	7tbsp	35g	30g	84g
Cookie Crisp	6tbsp	30g	23g	77g
Cornflakes	6tbsp	36g	30g	84g
Crunchy Nut Cornflakes	7tbsp	42g	34g	82g
Frosted flakes	7tbsp	56g	49g	87g
Fruit and fibre	6tbsp	50g	35g	69g
Granola	6tbsp	50g	32g	64g
Nesquick	6tbsp	35g	26g	75g
Muesli (no added sugar)	2tbsp	40g	25g	62g
Porridge with 200ml milk	average bowl	30g	29g	97g
Porridge sachet	1 sachet (original)	27g	16g	59g
Porridge sachet	1 sachet (flavoured)	27g	24g	67g
Rolled oats	7tbsp	50g	30g	60g
Ready Brek	wish	30g	17g	58g
Rice Krispies	7tbsp	28g	24g	86g
Shredded Wheat	1	22g	15g	67g
Shreddies	5tbsp	40g	28g	70g
Special K	7tbsp	28g	23g	84g
Honey Monster Puffs	6tbsp	30g	22g	74g
Swiss style muesli	7tbsp	50g	33g	66g
Weetabix	1 biscuit	20g	13g	69g

Cereals bars

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Alpen cereal bar	1	29g	20g	68g
Alpen Light cereal bar	1	19g	11g	56g
Belvita Breakfast biscuits	1	11g	7.4g	66g
Belvita Breakfast crunchy	1	16.7g	10g	63g
Brunch Bar (Cadbury's)	1	32g	21g	65g
Go Ahead yoghurt break	1 slice	18g	13g	73g
Jordan's Frusli bar	1	30g	23g	77g
NAKD cereal bar	1	35g	18g	50g
Nature Valley granola bar	2 bars	42g	27g	65g
Nutrigrain bar	1	37g	25g	67g
Rice Krispies bar (Kellogs)	1	20g	15g	73g
Tracker bar	1	25g	15g	55g

Bread

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Bagel	1	86g	45g	52g
Baguette	1" slice	18g	10g	50g
Bap (white)	small	50g	28g	56g
	large	76g	42g	56g
Bap (wholemeal)	small	68g	26g	38g
	large	95g	36g	38g
Burger bun (seeded)	large	90g	41g	45g
Ciabatta	1	94g	40g	44g
Chapati	1	90g	40g	45g
Crepe	1	60g	20g	34g
Croissant	1 plain	44g	22g	49g

Bread

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Crumpet	1 toasted	55g	20g	35g
English muffin	1 toasted	68g	30g	45g
Finger roll (white)	medium	41g	21g	51g
Granary bread	thin slice	22g	10g	45g
	medium	33g	15g	45g
	thick slice	44g	20g	45g
Garlic French stick	1 piece	22g	10g	45g
Naan bread	mini	60g	30g	50g
	large	140g	70g	50g
Pancake	1	28g	14g	50g
Panini	1	100g	47g	47g
Pitta bread (wholemeal)	1 mini	30g	14g	50g
	1 standard	60g	30g	50g
Poppadum	1	25g	7g	28g
Raisin bread	1 slice	55g	28g	50g
Rye bread	1 slice	30g	14g	47g
Sourdough	1 slice	45g	21g	47g
Spelt bread	1 slice	45g	21g	47g
Taco shell	1 shell	15g	9g	60g
Tortilla wrap (white)	1 large	65g	35g	54g
Tortilla wrap (wholemeal)	1 large	65g	29g	45g
Waffle (toasting)	1	25g	13g	52g
White bread	thin slice	22g	9g	41g
	medium	33g	13g	41g
	thick slice	44g	18g	41g
Wholemeal bread	thin slice	22g	9g	41g
	medium	33g	14g	41g
	thick slice	44g	18g	41g

Biscuits (sweet)

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Bourbon Cream	1	12g	8g	66g
Chocolate Digestive	1	15g	9g	60g
Chocolate chip cookie	1	10g	6g	60g
	large	74g	44g	60g
Chocolate wafer	1	21g	13g	62g
Custard Cream	1	12g	8g	66g
Digestive	1	15g	10g	66g
Garibaldi	1	10g	7g	72g
Ginger biscuit	1	10g	8g	80g
Ginger Man	1	58g	38g	65g
Hobnob	1	15g	10g	62g
Jaffa cake	1	13g	9g	69g
Jam ring	1	18g	13g	72g
Malted Milk	1	8g	5g	62g
Nice biscuit	1	8g	5g	63g
Party ring	1	6g	5g	83g
Pink wafer	1	9g	6g	66g
Rich Tea	1	8g	6g	72g
Shortbread finger	1	16g	10g	62g

Biscuits / Crackers (savoury)

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Cheddar	1	5g	3g	60g
Cream cracker	1	8g	6g	75g
Crispbread	1	6g	4g	67g
Digestive savoury	1	13g	9g	69g
Oatcake	1	10g	6g	60g
Rice cake	1	8g	6g	75g
Ryevita	1	11g	7g	65g
TUC (plain)	2	10g	6g	61g
Water cracker	1	6g	5g	74g
Wholegrain cracker	1	8g	6g	63g

Chocolates and sweets

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Aero bar	1	27g	16g	58g
Bounty bar	Twin pack	57g	33g	58g
Crème Egg	1 egg	40g	29g	73g
Crunchie	large	40g	30g	74g
Curly Wurly	1	21.5g	15g	70g
Dairy Milk	6 chunks	27.5g	16g	57g
Flake	1	32g	19g	60g
Galaxy	1 bar	42g	23g	56g
Kit Kat	2 fingers	21g	13g	62g
Maltesers	1 bag	37g	23g	61g
Mars Bar	1 bar	51g	35g	69g
Milky Bar	1	25g	13g	53g
M&Ms (plain)	1 packet	45g	31g	68g

Chocolates and sweets

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
M&M (peanut)	1 packet	45g	26g	58g
Minstrels	1 packet	42g	29g	69g
Picnic	1	38g	23g	60g
Rolos	1 tube	41.6g	14g	68g
Snickers	1 standard	41.7g	23g	54g
Toffee Crisp	1 bar	38g	24g	63g
Turkish Delight	1 bar	51g	38g	74g
Twirl	1 bar	43g	26g	58g
Twix	1 finger	23g	15g	65g
Individually wrapped chocolates e.g. Roses, Celebrations, Quality Street	1 each	8g	5g	66g
Treat size chocolate e.g. fun size Mars, Freddo, Chomp	1 each		10g	
Cola bottles	6 each	27g	20g	74g
Fruit flavoured sweets:				
Wine gums	1 tube		40g	76g
Starburst	3 each	12g	10g	84g
Pastilles	6 each		19g	88g
Fruit Mentos	7 each	19g	17g	92g
Jelly Babies	4 each	25g	20g	80g
Jelly Beans	11 each	22g	20g	90g
Liquorice Allsorts	4 each	26g	20g	77g
Marshmallow	1 large	5g	4g	83g
Mints – soft mint/Trebor	1 tube	47g	40g	93g
Polo	1 tube		30g	98.1g

Desserts

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Angel Delight	¼ pack made	92g	15g	16.2g
Apple/fruit pie	1/6 pie	80g	28g	35g
Apple and rhubarb crumble	1tbsp (heaped)	60g	21g	35g
Bakewell tart (mini)	1 each	45g	30g	66g
Black Forest gâteau	1/8	80g	24g	30g
Bread and butter pudding	1	125g	26g	21g
Cheesecake	1/6	100g	35g	35g
Chocolate brownie (mini bites)	1	11g	7g	58g
Chocolate cake	1/6	75g	37g	50g
Chocolate éclair	1	60g	18g	30g
Cup cake – iced	1	63g	35g	56g
Custard slice	1	106g	40g	38g
Custard tart	1	92g	26g	28g
Custard – ready to serve		125g	20g	16g
Custard powder		75g	20g	12g
Danish pastry	1 each	90g	45g	50g
Doughnut – jam	1 each	71g	34g	48g
Doughnut – ring	1 each	66g	30g	45g
Flapjack – mini tray bake	1 bite	15g	8.7g	58g
	1/8	45g	27g	60g
Fruit cake with marzipan icing	match-box size	60g	33g	55g
Fruit scone	1 each	66g	37g	56g
Hot cross bun	1 each	51g	30g	60g
Ice cream (vanilla)	2 scoops	80g	18g	22g

Desserts

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Ice cream (chocolate)	2 scoops	80g	20g	25g
Jelly		170g	26g	15g
Malt Loaf	5ch slice	35g	20g	57g
Meringue nest	1	16g	15g	93g
Mince pie	1 small	42g	25g	60g
Muffin	1 mini	28g	15g	53g
	1 large	105g	55g	52g
Victoria sponge	1 sml slice	44g	23g	52g

Fruit

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Apple – fresh	1 fist size	170g	17g	10g
stewed no sugar	6 tbsp	85g	8.5g	10g
juice	sml carton	200ml	21.2g	10.6g
Apricot – fresh	1 each	55g	4g	7g
dried	4 each	32g	14g	43g
tinned in juice	4 halves	80g	7g	9g
Banana – no skin	small	63g	15g	24g
	medium	85g	20g	24g
	large	128g	30g	24g
Blackberries	1 handful	80g	4g	5g
Blueberries	1 handful	80g	10g	13g
Cherries with stones	1 handful	100g	12g	12g
Clementine	1 small	80g	5g	6g
Cranberries – fresh	1 handful	80g	3g	4g
dried	1 tbsp	30g	24g	80g

Fruit

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Figs	4 halves	80g	8g	10g
Fruit cocktail in juice	½ tin	210g	25g	12g
Grapefruit	1	228g	10g	4g
Grapes – seedless	1 handful	80g	12g	15g
Kiwi with skin	1	55g	5g	9g
Mango	7 x 1" cubes	80g	11g	13g
Melon	1x1" slice	150g	10g	6g
Nectarine	medium	165g	15g	9g
Orange	1	230g	13g	6g
Orange juice	sml carton	200ml	18g	9g
Papaya	1 handful	80g	7g	8g
Peach – fresh	1	200g	15g	8g
tinned in juice	half tin	205g	20g	9g
Pear – fresh	medium	195g	20g	10g
tinned in juice	2 halves	115g	10g	8g
Persimmon	1	140g	27g	19g
Pineapple – fresh	2 rings	80g	8g	10g
tinned in juice	½ tin	200g	24g	12g
Plum	1	110g	10g	9g
Pomegranate	1 handful	40g	6g	15g
Prunes	2	30g	10g	33g
Raspberries	3 tbsp	80g	4g	5g
Raisins/sultanas	2 tbsp	30g	21g	69g
Rhubarb stewed with sugar	3 tbsp	80g	9g	11g
Satsuma	1	85g	5g	8g
Strawberries	5 each	80g	5g	6g

Home baking

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Chocolate spread	1 tbsp	17g	10g	58g
Cocoa powder	1 tbsp	12g	2g	12g
Corn flour	1 heaped tbsp	25g	22g	88g
Desiccated coconut		30g	2g	6g
Flour – plain white	1 heaped tbsp	25g	18g	70g
Wholemeal		25g	16g	65g
Self raising		25g	18g	70g
Glace cherries	1 cherry	4g	3g	72g
Honey	1 tsp	6g	5g	84g
	1 tbsp	18g	14g	
Jam/marmalade	1 tbsp	20ml	14g	70g
Lemon curd	1 tbsp	17g	10g	59g
Marzipan		25g	17g	69g
Oats	1 tbsp	15g	10g	60g
Sugar	1 heaped tsp	6g	6g	100g
Syrup	1 tbsp	17g	8g	80g

Milk, dairy and dairy alternatives

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Almond milk sweetened	small glass	150ml	3.5g	2.5g
Unsweetened			1.5g	1g
Cow's milk – all types	small glass	150ml	7g	5g
Coconut milk (not tinned)	small glass	150ml	3.5g	2.5g
Condensed milk	small glass	50g	28g	55g
Dried skimmed milk	1 1/2 tbsp	20g	5g	55g
Prepared skimmed milk	200ml		10g	5g
Evaporated milk	small glass	50g	6g	12g
Goat's milk	small glass	150ml	7g	5g
Rice milk – sweetened	small glass	150ml	15g	10g
Soya milk – sweetened	small glass	150ml	2.5g	2g
unsweetened	small glass	150ml	1g	1g
Fromage Frais – natural	1/5 pot	100g	4g	4g
Natural Greek yoghurt	1/5 pot	100g	5g	5g
Fruit yoghurt	1 pot	125g	15g	12g
Frube yoghurt tube	1 tube	40g	5g	12g
Petit Filous	1 pot	46g	2.5g	5g
Soya yoghurt	1 pot	125g	14g	11g
Rice pots (Muller)	1 pot	180g	34g	19g

Meat, fish and egg products

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Black pudding	1 slice	58g	11g	19g
Chicken goujon	1	30g	6g	20g
Chicken Kiev	1	130g	14g	11g
Chicken nuggets	4	68g	12g	18g
Chicken fried in batter	1 piece	115g	6g	5g
Corned beef hash	¼ plate	200g	25g	6g
Cornish pasty	1 mini	31g	7g	23g
	1 large	162g	39g	24g
Fish – fingers	2 each	40g	8g	15g
Fish – cake	1	90g	20g	22g
Fish – breaded	1	156g	29g	19g
Fish – battered chip shop	1	265g	52g	19g
Scampi	10 each	140g	31g	22g
Pork pie	small	119g	20g	17g
	large	320g	50g	16g
Quiche	¼	100g	20g	20g
Sausage – pork	2 thin	40g	4g	10g
	2 thick	110g	10g	9g
Sausage roll	1 small	63g	17g	27g
	1 large	124g	33g	27g
Steak pie	1	244g	53g	22g
Steak and kidney pudding	1	182g	34g	17g

Meat alternatives/vegetarian option

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Falafal	2 mini	35g	7g	32g
Quorn burger	1	38g	4g	10g
Quorn sausage	1	36g	5g	14g
Veggie burger	1	100g	28g	28g
Veggie sausage	1	44g	9g	20g

Meal accompaniments

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Dumplings	1	45g	20g	44g
Onion rings	4	52g	13g	25g
Stuffing	2 small balls	65g	13g	20g
Yorkshire pudding	2 small	40g	10g	25g
	2 medium	80g	20g	25g
	2 large	120g	31g	25g

Potatoes

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Chips (oven) thin	10 each	47g	14g	30g
Chips (oven) thick	10 each	100g	36g	36g
French fries	1 portion	88g	30g	35g
Gnocchi (cooked)	3 tbsp	240g	77g	32g
Hash brown	1	44g	12g	27g
Jacket potato (baked)	medium	220g	47g	21g
	large	348g	75g	21g
Mashed potato	1 heaped tbsp	120g	19g	15g
New potato boiled with skin on	1 egg size	65g	10g	15g
Potato croquette	1 fried	22g	5g	23g
Potato rosti (grilled)	1	80g	20g	25g
Potato Smiles	4	68g	21g	31g
Potato Waffle	1 baked	49g	12g	24g
Potato wedges (baked)	1 tbsp	55g	17g	31g
Roast potatoes (in oil)	1 egg size	38g	10g	26g
Sweet potato baked	medium size	160g	45g	28g
Sweet potato mashed	1 tbsp	55g	11g	20g

Vegetable and pulses

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Baked beans	½ tin	200g	14g	30g
Beetroot boiled	2 small	105g	36g	36g
Brussels sprouts	8 each	80g	30g	35g
Butter beans	2 tbsp	80g	77g	32g
Butternut squash baked	10 x 1cm cubes	130g	12g	27g
Carrots boiled	2 tbsp	80g	47g	21g
Chickpeas tinned	3 tbsp	80g	75g	21g
Kidney beans	3 tbsp	80g	19g	15g
Lentils tinned	3 tbsp	80g	10g	15g
Mushy peas	2 tbsp	80g	5g	23g
Parsnips roasted	8 batons	80g	20g	25g
Peas	2 tbsp	40g	21g	31g
Plantain – boiled	4 x 1cm slices	80g	12g	24g
Plantain – roasted	6 slices	84g	17g	31g
Sweetcorn kernels	3 tbsp	80g	10g	26g
Corn on the cob	½ cob	85g	45g	28g
	1	170g	11g	20g

Rice, pasta and other grains

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Basmati rice (cooked)	2 tbsp	80g	20g	25g
Basmati rice (uncooked)	1 tbsp	25g	20g	78g
Brown rice (cooked)	2 tbsp	60g	18g	30g
Brown rice (uncooked)	1 tbsp	25g	18g	71g
White rice (cooked)	2 tbsp	80g	20g	25g
White rice (uncooked)	1 tbsp	25g	20g	78g
Wild rice (cooked)	2 tbsp	65g	19g	30g
Wild rice (uncooked)	1 tbsp	25g	19g	76g
Egg fried rice (cooked)	1 tbsp	55g	18g	33g
Pilau rice	1 tbsp	55g	13g	24g
Risotto rice (Arborio) (uncooked)	1 tbsp	25g	20g	78g
Bulgar wheat (cooked)	1 tbsp	100g	16g	16g
Couscous (cooked)	1 tbsp	40g	11g	28g
Polenta	1 tbsp	65g	10g	16g
Quinoa (cooked)	1 tbsp	85g	16g	19g
White pasta (cooked)	1 tbsp	30g	10g	34g
White pasta (uncooked)	1 tbsp	25g	18g	73g
Wholemeal pasta (cooked)	1 tbsp	30g	9g	29g
(uncooked)	1 tbsp	25g	17g	68g
Egg noodles (cooked)	1 tbsp	58g	21g	36g
Lasagne dried	1 sheet	15g	11g	73g
Pasta shapes (tinned)	half tin	200g	23g	11.5g
Ravioli (tinned)	half tin	210g	31g	16g
Rice noodles (cooked)	1 tbsp	50g	14g	28g
Spaghetti hoops	half tin	200g	21g	10g
Spaghetti tinned	half tin	210g	34g	16g
Tortellini (cooked)	1 tbsp	50g	16g	32g

Salty snacks

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Bombay mix		30g	13g	43g
Bread stick	1	5g	4g	80g
Cheese straw	1	7g	3g	43g
Crisps	multi-pack	25g	12.5g	50g
	grab bag	34.5g	17g	50g
Dried fruit and nuts	1 handful	30g	14g	50g
Peanuts	1 handful	50g	5g	10g
Popcorn plain/salted	2 handfuls	20g	12g	59g
Popcorn sweet	2 handfuls	22g	13g	60g
Pretzels	6	26g	21g	80g
Pringles	1/6 tube	30g	17g	51g
Tortilla chips	1/8 of large bag	25g	15.6g	63g
Twiglets	1 small pct	25g	15g	57g

Sauces and condiments

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Apple chutney	1 tbsp	18g	9g	6g
BBQ sauce	1 tbsp	15g	5g	33g
Brown sauce	1 tbsp	17g	4g	24g
Caesar dressing	1 tbsp	15g	1g	7g
Chilli sauce	1 tbsp	20g	1g	5g
Cranberry sauce	1 tbsp	20g	8g	40g
Gravy – made		115ml	5g	4g
Guacamole	2 tbsp	30g	1g	3g
Horseradish sauce	1 tbsp	13g	2g	15g
Houmous	2 tbsp	30g	5g	16g
Ketchup	1 tbsp	15g	4g	27g
Mango chutney	1 tbsp	20g	12g	60g
Mint sauce	1 tbsp	16g	3g	19g
Parsley sauce	2 tbsp	50g	4g	8g
Piccalilli	1 tbsp	15g	3g	20g
Pickle	1 tbsp	20g	6g	30g
Salad cream	1 tbsp	15g	3g	20g
Soy sauce	1 tbsp	15g	3g	20g
Sweet chilli sauce	1 tbsp	18g	8g	45g
Sweet and sour sauce	1 tbsp	15g	5g	33g
Tartare sauce	2 tbsp	30g	5g	17g
Thousand Island dressing	1 tbsp	14g	2g	14g
White sauce	1 tbsp	50ml	6g	12g

Takeaways foods

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Chinese				
Chicken balls	1	38g	5g	14g
Duck pancake	1	50g	14g	28g
Miso doup	small bowl	200ml	2g	1g
Tom Yum soup (prawn)	small bowl	200ml	21g	11g
Prawn cracker	7	8g	5g	55g
Prawn tempura	1	15ml	2g	13g
Prawn toast	1 triangle	32g	5g	15g
Spare ribs	4	150g	18g	12g
Spring roll (meat)	1	24g	4g	18g
Chow mein	1 sml plate	275g	40g	15g
Beef in black bean sauce	1 sml plate	225g	6g	2g
Chicken curry	1 sml plate	190g	5g	3g
Crispy shredded beef	1 sml plate	170g	58g	34g
Chicken teriyaki	1 sml plate	185g	7g	4g
Lemon chicken	1 sml plate	170g	12g	7g
Singapore noodles	1 sml plate	205g	26g	13g
Sweet and sour pork	1 sml plate	250g	29g	12g
Szechuan prawns	1 sml plate	170g	4g	2g
Indian				
Onion Bhaji – mini	1	22g	5g	23g
Onion Bhaji – large	1	66g	15g	23g
Samosa mini – meat	1	20g	3g	15g
Samosa mini – vegetable	1	20g	6g	30g
Chicken korma	large	450g	21g	4.6g
Chicken tikka masala	large	370g	18g	4.9g
King prawn bhuna	6 tbsp	250g	4.2g	1.71g
Lamb biryani	6 tbsp	250g	52g	90g

Takeaways foods

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Indian				
Lamb rogan josh	6 tbsp	250g	10g	5.6g
Lentil curry	6 tbsp	250g	37g	15g
Vegetable curry	6 tbsp	250g	20g	8g
Beef red curry	6 tbsp	250g	16g	6.4g
Prawn pad Thai	6 tbsp	225g	48g	21g

Food type	Typical portion	Weight of portion (g)	CHO (g) per item	CHO/100g
KFC				
Fried chicken	wing		5g	
	thigh		7g	
	drumstick		7g	
Mini fillet burger	1		31g	
Fillet burger	1		47g	
Popcorn chicken	regular		15g	
Corn coblett	regular		16g	
Fries	regular		42g	
	large		61g	
McDonalds				
Big Mac	1		43g	
Chicken nuggets	6		18g	
Chicken sandwich	1		43g	
Ham/cheeseburger	1		30g	
Thick milkshake	small		36g	
	medium		68g	
	large		87g	
Quarter pounder	1		37g	

Takeaways foods

Food type	Typical portion	Weight of portion (g)	CHO (g) per item	CHO/100g
McDonald's				
French fries	small		29g	
Chicken nuggets	medium		42g	
Chicken sandwich	large		55g	
McFlurry	1		51g	

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Sushi				
California roll	1	24g	6g	
Maki	1	24g	7g	
Nigiri	1	30g	9g	
Rice ball	1	70g	19g	
Other				
Battered sausage	large	137g	25g	18g
Chips (deep fried)	medium	262g	87g	33g
Fish in batter	small	135g	14g	10g
	large	330g	33g	
Pizza (thin crust)	1 slice	40g	17g	42g
Pizza (deep pan)	1 slice	85g	24g	28g
Pizza (stuffed crust)	1 slice	90g	30g	33g
Beef taco	1 taco	80g	10g	12.5g
Chicken fajita	1 large wrap	160g	30g	19g
Doner kebab – pitta	1	250g	50g	20g
Doner kebab – naan bread	1 large	415g	81g	20g
Hot dog	large	175g	62g	

Takeaways foods

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Other				
Nachos with cheese	large plate – 26cm	150g	21g	14g
Paella	large plate – 26cm	225g	35g	69g

Drinks

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Lucozade Energy	1 small bottle	380g	31.9g	8.4g
Lucozade Sport	1 small bottle	500g	44g	8.8g
Iced tea	1 glass	150g	7g	4.6g
Malt drink (Horlicks)	25g in 200ml milk	260g	28.1g	per 100g powder: 73.5g
Hot chocolate (coffee shop)	small	235g	25g	10.6g
	medium	355g	38g	11.2g
	large	475g	50g	12.7g
Hot chocolate, marshmallows and whipped cream (coffee shop)	medium	352g	56.3g	15g
Cappuccino (coffee shop)	small	235g	8g	3.4g
	medium	355g	12g	4g
	large	475g	16g	4g
Chai latte (coffee shop)	medium	367g	29g	8g

Drinks

Food type	Typical portion	Weight of portion (g)	CHO (g)	CHO/100g
Latte (coffee shop)	small	235g	9g	3.8g
	medium	355g	14g	4g
	large	475g	18g	4g
Mocha (coffee shop)	medium	332g	32g	10g
Skinny cappuccino – 1 sachet	+ 200ml water	240g	7.6g	3.1g
Cappuccino – 1 sachet	+ 200ml water	240g	12g	5g
Cappuccino unsweetened – 1 sachet	+ 200ml water	240g	7.8g	3.2g
Mocha – 1 sachet	+ 200ml water	240g	15.4g	6.4g
Latte – 1 sachet	+ 200ml water	240g	11.4g	4.6g

Alcohol

Some alcoholic drinks do contain carbohydrates, and some reference tables will give you the values for this. However do not give insulin for the carbohydrate in alcoholic drinks.

Drinking alcohol whilst on insulin treatment can increase risk of hypoglycaemia.

Always test your blood glucose levels before and after drinking and never drink on an empty stomach.

Further advice can be obtained from your dietitian and diabetes specialist nurse.

Nutrition and Dietetics Department

Clinic 5, King's Treatment Centre, King's Mill Hospital
Mansfield Road, Sutton in Ashfield, Nottinghamshire, NG174JL
01623 622515, extension **6025**

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: 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.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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