

# Carbohydrate reference list



# Contents

Introduction	3
Food groups:	6
Asian food	6
Biscuits, crackers, bars	6
Bread	12
Cakes	16
Cereals	20
Chocolate and sweets	22
Crisps and snacks	26
Drinks	28
Fast food	30
Fruit	32
Home baking	36
Ice cream	38
Main meal accompaniments	38
Milk and dairy	40
Pasta and rice	42
Pies, pastries and pizzas	44
Potato	46
Preserves	48
Puddings and desserts	48
Soup and sauces	50
Takeaway foods	52

# Introduction

## What is a carbohydrate reference list?

This carbohydrate reference list can be used to help you work out the amount of carbohydrate you are eating and drinking at meal times and snacks, so that you can match this with the correct dose of insulin. The list is made up of some commonly eaten foods and their carbohydrate content.

## What information does it give me? How do I navigate through the reference list?

To help you navigate more quickly and easily through the list, foods and drinks have been divided into categories, such as biscuits; takeaway foods or milk and dairy.

The amount of carbohydrate in each item has been calculated per typical serving size as well as per 100g product. As typical serving sizes tend to vary from person to person, we have included an average weight for these portions so you can use these to compare to your own typical servings.

The list specifies the amount of carbohydrate in the foods and drinks as carbohydrate portions (CPs) and as grams (g). Choose which figure is relevant to you, depending on which system of carbohydrate counting you use.

A space at the back of the list has been left blank so that you can add any foods that you find are not in the reference list.

## How has this information been calculated?

The information in this reference list has been calculated using the average carbohydrate content of products. The ingredients and carbohydrate content of products often change and so the figures stated in this reference list may not exactly reflect the carbohydrate content of your product. For this reason it is more accurate to calculate the carbohydrate content of your meals and snacks from food labels where possible and practical.

## Abbreviations

The following abbreviations have been used in booklet:

- **g cho per portion** = grams of carbohydrate per portion
- **CP** = carbohydrate portion

<b>Asian food</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Aloo saag	1 serve	150g	16g	1.5
		100g	11g	1
Bhajia	1 bhajia	40g	9g	1.0
		100g	21g	2
Bombay potato	1 serve	150g	16g	1.5
		100g	11g	1
Chapatti - gujerati (made with fat)	1 small, very thin	30g	15g	1.5
		100g	48g	5
Chapatti - punjabi/urdu (made without fat)	1 large	75g	33g	3.5
		100g	44g	4.5
Mango chutney (Sainsburys)	1 teaspoon	15g	9g	1.0
		100g	62g	6
Pilau rice	cooked	250g	39g	4.0
		100g	16g	1.5
Samosa (thin pastry)	1 samosa	55g	14g	1.5
		100g	27g	2.5
Tarka daal	1 serve	150g	19g	2.0
		100g	13g	1.5

<b>Biscuits, crackers and bars</b>				
Arrowroot (thin)	1 biscuit	8g	6g	0.5
		100g	71g	7.0
Bourbon cream	1 biscuit	14g	9g	1.0
		100g	66g	6.5

<b>Biscuits, crackers and bars</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Milk chocloate digestive	1 biscuit	17g 100g	11g 63g	1.0 6.5
Dark chocolate digestive	1 biscuit	17g 100g	11g 62g	1.0 6.0
Cream crackers	1 biscuit	8g 100g	6g 69g	0.5 7.0
Custard cream	1 biscuit	12g 100g	8g 67g	1.0 6.5
Digestive	1 biscuit	15g 100g	9g 63g	1.0 6.5
Flapjack	1 flapjack	32g 100g	19g 60g	2.0 6.0
Fig roll	1 biscuit	17g 100g	12g 72g	1.0 7.0
Fruit shortcake	1 biscuit	8g 100g	5g 65g	0.5 6.5
Jordan's frusli bar	1 bar	30g 100g	20g 68g	2 7.0
Garibaldi	1 biscuit	10g 100g	7g 69g	0.5 7.0
Ginger nut	1 biscuit	11g 100g	8g 72g	1.0 7.0
Hobnob	1 biscuit	14g 100g	9g 61g	1.0 6.0

<b>Biscuits, crackers and bars</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Jaffa cake	1 cake	13g 100g	9g 72g	1.0 7.0
Jam creams	1 biscuit	17g 100g	11g 67g	1.0 6.5
Kitkat (2finger)	1 biscuit	21g 100g	13g 62g	1.5 6.0
Lemon puffs	1 biscuit	14g 100g	9g 63g	1.0 6.5
Malted milk	1 biscuit	8g 100g	5g 61g	0.5 6.0
Marshmallow teacakes	1 teacake	19g 100g	12g 65g	1.0 6.5
Melba toast	1 biscuit	3g 100g	3g 75g	0.5 7.5
Nice biscuits	1 biscuit	8g 100g	5g 63g	0.5 6.5
Nutrigrain bar	1 bar	25g 100g	17g 67g	1.5 6.5
Oatcake	1 biscuit	11g 100g	6g 53g	0.5 5.5
Penguin	1 biscuit	22g 100g	14g 62g	1.5 6.0
Rich tea	1 biscuit	8g 100g	6g 72g	0.5 7.0

<b>Biscuits, crackers and bars</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Ritz	1 biscuit	25g	14g	1.5
		100g	58g	6.0
Ryvita	1 slice	10g	7g	0.5
		100g	60g	6.0
Shortbread finger	1 finger	13g	9g	1.0
		100g	65g	6.5
Tracker bar	1 bar	25g	15g	1.5
		100g	56g	5.5
TUC (plain)	2 biscuits	10g	6g	0.5
		100g	61g	6.0
Twix	1 finger	25g	16g	1.5
		100g	65g	6.5
Wafer(caramel)	1 biscuit	28g	19g	2.0
		100g	68g	7.0
Wagon wheel	1 biscuit	38g	26g	2.5
		100g	68g	7.0
Water crackers	1 biscuit	7g	5g	0.5
		100g	74g	7.5

<b>Bread</b>				
Bagel (plain)	1 bagel	85g	40g	4.0
		100g	47g	4.5
Baguette	half individual	75g	37g	3.5
		100g	50g	5.0

<b>Bread</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Bread roll (small)	1 petite pain	50g	25g	2.5
		100g	50g	5.0
Bread roll (large)	1 roll	86g	43g	4.5
		100g	50g	5.0
Ciabatta (plain)	1 slice	54g	24g	2.5
		100g	44g	4.5
Croissant	1 croissant	48g	20g	2.0
		100g	42g	4.0
Crumpet	1 crumpet	46g	18g	2.0
		100g	39g	4.0
English muffin (plain)	1 muffin	71g	28g	3.0
		100g	40g	4.0
Finger roll	1 roll	50g	23g	2.5
		100g	45g	4.5
French stick	2" slice	40g	22g	2.0
		100g	55g	5.5
French stick	6" slice	120g	67g	6.5
		100g	55g	5.5
Fruit bread	1 slice	35g	18g	2.0
		100g	50g	5.0
Garlic bread	1" slice half baguette	20g	10g	1
		210g	102g	10
		100g	48g	5



<b>Bread</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Hot cross buns	1 bun	70g	31g	3.0
		100g	45g	4.5
Malt loaf	1 slice	32g	21g	2.0
		100g	65g	6.5
Naan bread (plain)	1 mini	73g	32g	3.0
		100g	45g	4.5
Pain au chocolat	per croissant	69g	30g	3.0
		100g	44g	4.5
Pitta bread	1 mini	30g	15g	1.5
	1 pitta	60g	29g	3.0
		100g	49g	5.0
Rye bread	1 slice	25g	12g	1.0
		100g	46g	4.5
Scones	1 scone	54g	29g	3.0
		100g	54g	5.5
Sliced bread	1 medium slice	40g	17g	1.5
	1 thick slice	46g	19g	2.0
		100g	42g	4.0

<b>Cakes</b>				
Cheese cake	one sixth pie	84g	29g	3.0
		100g	35g	3.5
Chelsea bun	1 bun	118g	55g	5.5
		100g	47g	4.5

<b>Cakes</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Chocolate éclair (frozen)	1 éclair	30g	11g	1.0
		100g	38g	4.0
Chocolate mini roll	1 roll	28g	15g	1.5
		100g	53g	5.5
Currant bun	1 bun	60g	32g	3.0
		100g	53g	5.5
Doughnut (jam)	1 doughnut	75g	37g	3.5
		100g	49g	5.0
Doughnut (ring)	1 doughnut	60g	28g	3.0
		100g	47g	4.5
Eccles cake	1 cake	45g	27g	2.5
		100g	59g	6.0
Fruit pie (apple)	1 individual pie	66g	35g	3.5
		100g	54g	5.5
Jam tart	1 tart	33g	21g	2.0
		100g	63g	6.5
Madeira cake	1 slice	25g	13g	1.5
		100g	52g	5.0
Pancakes	1 pancake	30g	14g	1.5
		100g	46g	4.5
Swiss roll	1 slice	35g	22g	2.0
		100g	61g	6.0
Chocolate mini roll	1 roll	24g	14g	1.5
		100g	59g	6.0

<b>Cakes</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Teacake	1 cake	75g	38	4.0
		100g	51	5
Vanilla slice	1 slice	40g	19	2.0
		100g	47	4.5

<b>Cereals</b>				
Allbran	1 serve	40g	19g	2.0
		100g	48g	5.0
Branflakes	1 serve	30g	20g	2.0
		100g	67g	6.5
Cheerios	1 serve	30g	23g	2.5
		100g	75g	7.5
Cornflakes	1 serve	30g	25g	2.5
		100g	84g	8.5
Jordans country crisp	1 serve	50g	32g	3.0
		100g	63g	6.5
Crunchy nut cornflakes	1 serve	30g	24g	2.5
		100g	82g	8.0
Frosties	1 serve	30g	26g	2.5
		100g	88g	9.0
Fruit and fibre	1 serve	35g	24g	2.5
		100g	69g	7.0
Museli (no added sugar)	1 serve	50g	31g	3.0
		100g	63g	6.5

<b>Cereals</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Porridge oats	half cup	45g	30g	3.0
		100g	67g	6.5
Rice crispies	1 serve	30g	25g	2.5
		100g	85g	8.5
Shreddies	1 serve	35g	25g	3.5
		100g	73g	7.5
Shredded wheat (bitesize)	1 serve	45g	32g	3.0
		100g	70g	7.0
Shredded wheat	2 biscuit	45g	31g	3.0
		100g	68g	7.0
Special K	1 serve	30g	23g	2.5
		100g	75g	7.5
Weetabix	2 biscuit	38g	25g	2.5
		100g	66g	6.5

<b>Chocolate and sweets</b>				
Bounty bar	funsize standard bar	28.5g	17g	1.5
		57g	34g	3.5
		100g	59g	6.0
Chocolates (filled)	4 sweets	22g	14g	1.5
		100g	63g	6.5
Crème egg	1 mini egg 1 egg	11g	8g	1.0
		39g	28g	3.0
		100g	71g	7.0

<b>Chocolate and sweets</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Crunchie	funsie	17.5g	13g	1.5
	standard bar	32g	22g	2.0
		100g	73g	7.5
Flake	standard bar	25g	14g	1.5
		100g	56g	5.5
Maltesers	1 funsize bag	21.5g	14g	1.5
	standard bag	37g	23g	2.5
		100g	63g	6.5
Mars bar	funsie bar	19.7g	14g	1.5
	standard bar	62.5g	44g	4.5
		100g	70g	7.0
Marshmallows	1 marsh mellow	5g	4g	0.5
	1 bag	200g	150g	15.0
		100g	75g	7.5
Minstrels	standard bag	42g	30g	3.0
		100g	72g	7.0
Polo mints	1 tube	35g	34g	3.5
		100g	98g	10.0
Snickers	Fun size	19.7g	11g	1.0
	standard bar	62.5g	34g	3.5
		100g	56g	5.5
Starburst	1 pack	45g	37g	3.5
		100g	83g	8.5
Twix	funsie bar	21g	14g	1.5
	standard bar	58g	38g	4.0
		100g	64g	6.5

<b>Crisps and snacks</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Bombay mix	1 serve	30g	11	1.0
		100g	35	3.5
Corn snacks	1 bag	20g	12	1.0
		100g	60	6
Crisps (thick cut)	1 bag	32g	17	1.5
		100g	54	5.5
Crisps	1 bag	25g	13	1.5
		100g	53	5
Doritos	1 bag	30g	18	2.0
		100g	59	6.0
Popcorn (raw)		100g	63	6.5
Popcorn (savoury)	1 cup = 2 handfuls	20g	11	1.0
		100g	55	5.5
Popcorn (toffee)	1 cup = 2 handfuls	20g	16	1.5
		100g	79	8.0
Popcorn (sweet)	1 cup = 2 handfuls	20g	13	1.5
		100g	66	6.5
Pringles	sixth pot	24g	12	1.0
		100g	50	5.0
Quavers	1 bag	17g	10	1.0
		100g	62	6.0
Rice cakes	2 large rice cakes	20g	16	1.5
		100g	81	8.0

<b>Crisps and snacks</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Snack a jacks (savoury)	1 bag	29g	23g	2.5
		100g	79g	8.0
Snack a jacks (sweet)	1 bag	25g	22g	2.0
		100g	88g	9.0

<b>Drinks</b>				
Cola	1 can 1 glass 1 bottle	330ml	36g	3.5
		250ml	27g	3.0
		500ml	54g	5.5
		100ml	11g	1
Drinking chocolate	3 heaped tsp	18g	12g	1.0
		100g	68g	7.0
Fruit juice	1 glass	200ml	22g	2.0
		100ml	11g	1.0
Highlights	1 serve	11g serve with water	5g	0.5
		100g	48g	5.0
Horlicks	1 sachet	32g	22g	2.0
		100g	69g	7.0
Hot chocolate	1 sachet	28g	19g	2.0
		100g	69g	7.0
Lemonade	1 can 1 glass 1 bottle	330ml	35g	3.5
		250ml	27g	2.5
		500 ml	53g	5.5
		100ml	11g	1

<b>Fast food</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
<b>McDonald's</b>				
Apple pie	1 pie		30	3.0
Cajun chicken wrap	1 wrap		52	5.0
Bacon and egg Mc Muffin	1 muffin		27	2.5
Big breakfast	1 breakfast		45	4.5
BBQ/ sweet n' sour dip	1 tub		13	1.5
Big mac	1 burger		41	4.0
Cheeseburger	1 burger		31	3.0
Chicken nuggets	6 pieces		19	2.0
French fries	small		28	3.0
	medium		40	4.0
	large		56	5.5
McFlurry	1 tub		47	4.5
Milkshake	1 medium		66	6.5
	1 large		85	8.5
<b>Pizza Hut</b>				
Cheesy garlic bread	1 piece		14	1.5
Chicken n' ham pizza - stuffed crust	1 slice		37	3.5
Pepperoni pizza - deep pan	6"		67	6.5
Vegetarian pizza - thin and crispy	1 slice of 12" pizza		24	2.5
<b>KFC</b>				
Chicken popcorn	1 large box		30	3.0
Mashed potato and gravy	1 medium tub		80	8.0
Original recipe chicken	1 piece		7	0.5
Potato wedges	1 portion		33	3.5



<b>Fast food</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
<b>Burger King</b>				
Angus burger	1 burger		42g	4.0
Chicken royale	1 burger		45g	4.5
Fries	small		26g	2.5
	regular		39g	4.0
	large		48g	5.0
	super		60g	6.0
Ocean catch	1 portion		44g	4.5
Onion rings	regular		33g	3.5
Wedges with spicy sauce and garlic mayo	large		35g	3.5
Whopper	1 burger		47g	4.5
Whopper with cheese	1 burger		47g	4.5

<b>Fruit</b>				
Apple	1 medium	112g (with core)	12g	1.0
		100g	11g	1.0
Apricots (dried)	1 dried	8g	5g	0.5
		100g	57g	5.5
Apricots (raw)	1 medium	40g (no stone)	3g	0.5
		100g	7g	0.5
Banana	1 small	80g (no skin)	19g	2.0
	1 medium	100g (no skin)	23g	2.5
	1 large	120g (no skin)	28g	3.0
		100g (no skin)	23g	2.5

<b>Fruit</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Fruit cocktail (in juice)	1 portion	115g	17g	1.5
		100g	15g	1.5
fruit cocktail (in syrup)	1 portion	115g	23g	2.5
		100g	20g	2.0
Grapes	1 small bunch	100g	15g	1.5
Kiwi	1 medium	60g (no skin)	6g	0.5
		100g	11g	1.0
Mango	1 slice	40g (no stone)	6g	0.5
		100g	14g	1.5
Melon	1 slice	200g (no skin)	12g	1.0
		100g	6g	0.5
Nectarine	1 small	130g (no stone)	10g	1.0
	1 medium	150g (no stone)	12g	1.0
	1 large	190g (no stone)	15g	1.5
		100g (no stone)	9g	1.0
Peach	1 small	70g (no stone)	5g	0.5
	1 medium	110g (no stone)	8g	1.0
	1 large	150g (no stone)	11g	1.0
		100g (no stone)	8g	1.0
Orange	1 small	120g (no stone)	10g	1.0
	1 medium	160g (no stone)	14g	1.5
	1 large	210g (no stone)	18g	2.0
		100g (no stone)	9g	1.0

<b>Fruit</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Pear	1 medium	170g	16g	1.5
		100g	9g	1.0
Pineapple (tinned in juice)	1 ring	40g	5g	0.5
		100g	8g	1.0
Pineapple (fresh)	1 ring	80g (no skin)	12g	1.0
		100g	10g	1.0
Plums	1 small	30g (no stone)	3g	0.5
	1 medium	55g (no stone)	5g	0.5
	1 large	85g (no stone)	8g	1.0
		100g (no stone)	9g	1.0
Strawberries	1 portion	100g	6g	0.5

<b>Homebaking</b>				
Cornflour	1 heaped tablespoon	30g	26g	2.5
		100g	85g	8.5
Custard powder	2 tablespoons	35g	30g	3.0
		100g	84g	8.5
Dried fruit	1 serve	30g	20g	2.0
		100g	67g	6.5
Flour	1 heaped tablespoon	30g	20g	2.0
		100g	67g	6.5
Glace cherries	1 cherry	4g	3g	0.5
		100g	72g	7.0
Sugar	1 heaped teaspoon	6g	6g	0.5
		100g	98g	10.0

<b>Ice cream</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Choc ice	1 block	77g	15g	1.5
		100g	19g	2.0
Cornetto	1 cone	163g	21g	2.0
		100g	34g	3.5
Fruit lolly	1 lolly	68g	14g	1.5
		100g	20g	2.0
Magnum	1 portion	86g	25g	2.5
		100g	30g	3.0
Mars ice cream	1 bar	47.5g	16g	1.5
		100g	33g	3.5
Solero	1 portion	77g	18g	2.0
		100g	24g	2.5
Sorbet	1 portion	125g	35g	3.5
		100g	28g	3.0
Ice cream	1 serve	71g	16g	1.5
		100g	23g	2.5
Vienetta	sixth	50g	12g	1.0
		100g	24g	2.5

<b>Main meal accompaniments</b>				
Baked beans	1 small tin	200g	14g	1.5
	1 large tin	400g	29g	3
		100g	7g	0.5

<b>Main meal accompaniments</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Fish fingers	2 Fish fingers	66g	11g	1.0
		100g	17g	1.5
Stuffing balls (frozen)	1 ball	25g	7g	0.5
		100g	27g	2.5
Taco shells	1 shell	12g	7g	0.5
		100g	61g	6
Tortillas	1 tortilla	40g	20g	2
		100g	49g	5
Yorkshire pudding	1 pudding	22g	8g	1.0
		100g	38g	4.0

<b>Milk and dairy</b>				
Greek Yogurt	1/4 pot	125g	4g	0.5
		100g	6g	0.5
Low fat fruit youghurt	1 pot	125g	15g	1.5
		150g	18g	2.0
		100g	14g	1
Low fat natural yoghurt	1 pot	125g	9g	1.0
		100g	7g	1.0
Milk	half a pint	293ml	14g	1.5
		100ml	5g	0.5
Milkshake	a glass	250 ml	28g	3.0
		100ml	11g	1.0

<b>Milk and dairy</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Muller corner (crunch)	1 pot	150g pot	32g	3.0
		100g	21g	2.0
Muller corner (fruit)	1 pot	175g pot	25g	2.5
		100g	14g	1.5
Muller light	1 pot	200g pot	15g	1.5
		100g	7g	0.5

<b>Pasta and rice</b>				
Cannelloni (dried)	1 serve	90g (dried)	66g	6.5
		100g (dried)	73g	7.5
Couscous (plain)	1 tablespoon	33g	8g	1.0
		100g (raw)	75g	7.5
Lasagne (ready meal)	1 portion	400g	51g	5.0
		100g	26g	2.5
Lasagne sheet (egg)	1 serve	90g (dried)	65g	6.5
		100g (dried)	72g	7.0
Noodles (egg)	1 serve	150g (cooked)	20g	2.0
		100g (dried)	72g	7.0
Pasta (dried)	1 serve	90g (dried)	66g	6.5
		100g (dried)	73g	7.5
Pasta (fresh)	1 serve	230 (uncooked)	60g	6.0
		100 (uncooked)	27g	2.5
Pot noodle	1 pot	93g	62g	6.0

<b>Pasta and rice</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>	
Ravioli	1 serve	210g (cooked)	56g	5.5	
		100g (uncooked)	38g	4.0	
Rice (cooked)	1 heaped tablespoon	40g	13g	1.5	
		small serve	100g	32g	3.0
		medium serve	180g	57g	5.5
		large serve	290g	91g	9.0
Rice (raw) (sainsburys)		100g	78g	8.0	
Tinned spaghetti	half can	200g	23g	2.5	
		100g	12g	1.0	

<b>Pies, pastries and pizza</b>					
Cornish pasty	1 pasty	130g	37g	3.5	
		100g	24g	2.5	
Danish pastry	1 medium	110g	56g	5.5	
		1 large	180g	92g	9
		100g	51g	5	
Pork pie	1 mini pie	50g	13g	1.5	
		100g	26g	2.5	
Quiche	quarter of a pie	125g	23g	2.5	
		100g	18g	2.0	
Sausage roll	1 snack roll	35g	10g	1.0	
		100g	29g	3.0	

<b>Pies, pastries and pizza</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Sausage roll	1 jumbo roll	140g	22g	2.0
		100g	16g	1.5
Steak and kidney pie	1 pie	235g	53g	5.5
		100g	23g	2.5

<b>Potato</b>				
Boiled potato	1 egg sized	50g	8g	1.0
		100g	16g	1.5
Chips (oven)	3-4 medium cut	40g (cooked)	11g	1.0
		100g (frozen)	25g	2.5
Jacket potato	small	100g	32g	3.0
	medium	180g	57g	5.5
	large	220g	70g	7.0
Mashed potato	1 scoop	60g	9g	1.0
		100g	16g	1.5
Microchips	1 pack	100g	28g	3.0
Plantain (boiled)		100g	29g	3
Plantain (fried)		100g	48g	5
Potato (raw)		100g	17g	1.5
Potato waffle	2 waffles	90g	3g	0.5
		100g	30g	3.0



<b>Potato</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Potato wedges (oven)	2 large	30g	9g	1.0
		100g	30g	3.0
Roast potato	1 small	50g	13g	1.5
		100g	26g	2.5
Sweet potato	2 medium boiled	130g	27g	2.5
		100g	21g	2.0
Yam	1 boiled	130g	43g	4.5
		100g	33g	3.5

<b>Preserves</b>				
Honey	1 dessert spoon	17g	14g	1.5
		100g	85g	8.5
Jam	1 heaped teaspoon	18g	11g	1.0
		100g	61g	6.0

<b>Puddings and desserts</b>				
Angel delight	quarter pack made	94g (made)	13g	1.5
		100g (powder)	72g	7.0
Custard (instant)	third of a pack	167g (made)	19g	2.0
		100g (powder)	75g	7.5
Custard (instant, no added sugar)	third of a pack	167g (made)	17g	1.5
		100g (powder)	75g	7.5

<b>Puddings and desserts</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Custard (tinned)	half can	200g	31g	3.0
		100g	15g	1.5
Lemon meringue pie	1 slice individual pie	80g	38g	4
		40g	18g	2
		100g	49g	5
Meringue nest	1 nest	18g	15g	1.5
		100g	85g	8.5
Rice pudding	half can	212g	34g	3.5
		100g	16g	1.5
Mousse	1 pot	55g	15g	1.5
		100g	22g	2.0
Muller rice	1 pot	200g	39g	4.0
		100g	20g	2.0
Sponge pudding (tinned)	quarter tin	75g	34g	3.5
		100g	46g	4.5

<b>Soup and sauces</b>				
Cup a soup (with croutons)	1 sachet	28g	18g	2.0
Cup a soup (with pasta)	1 sachet	32g	22g	2.0

<b>Soup and sauces</b>	<b>Portion</b>	<b>Weight (g)</b>	<b>Average g cho per portion</b>	<b>Average in CP</b>
Curry sauce (korma)	1 serve	125	14g	1.5
		100	11g	1.0
Soup (tomato)	half a can	200g	15g	1.5
		100g	7g	0.5
Sweet and sour sauce	quarter large jar	130	29g	3.0
		100g	21g	2.0

<b>Takaway foods</b>				
Chips	1 medium portion	240g	73g	7.0
		100g	31g	3
Fish in batter	1 medium cod in batter	180g	17g	1.5
		100g	10g	1
Naan bread	1 mini	55g	29g	3.0
	1 naan	130g	68g	7.0
		100g	53g	5.5
Poppadoms	3 large poppadom	9g each	11g	1.0
	1 extra large	12g	5g	0.5
		100g	46g	4.5
Rice (boiled)	1 tray	300g	93g	9.5
		100g	31g	3
Egg fried rice	1 tray	300g	78g	8.0
		100g	26g	2.5







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