

FOOD LIST

Carbohydrate Content

<u>Cereals</u>	<u>Carb Content (g)</u>
All-Bran (65g, 1 cup)	30
Branflakes (40g, 1 cup)	30
Cheerios (25g, 1 cup)	20
Cornflakes (30g, 1 cup)	25
Country Crisp (100g, 1 cup)	65
Frosties (30g, 1 cup)	30
Frosted Shreddies (60g, 1 cup)	50
Fruit and Fibre (55g, 1 cup)	40
Muesli (100g, 1 cup)	70
Porridge with Milk (200g average serving)	30
Porridge with water (200g average serving)	20
Weetabix (per biscuit)	12.5
Rice Krispies (30g, 7 tbl spoons)	25

<u>Breads</u>	<u>Carb Content (g)</u>
Bagel	40
Bread	50
Bread Roll/Bun (medium)	20
Bread Roll/Bun (large)	30
Croissant (1)	20
Crumpet (1)	20
Currant Brea (1 slice)	15
English Muffin (bread based)	30
Pitta Bread	30
Sliced Bread (1 thin)	10
Sliced Bread (1 medium)	15
Sliced Bread (1 thick)	20

<u>Potatoes</u>	<u>Carb Content (g)</u>
<u>Jacket/baked (cooked with skin)</u>	
Small (100g)	30
Medium (180g)	55
Large (330g)	100
Roast Potato (40g)	10
Roast Potato (100g)	25
Boiled Potato (60g, 1 egg size)	10
Boiled Potato (100g)	15
Fries (10 thin cut, 25g)	10
Chips (100g)	30
Chips (5 medium cut, 25g)	10
Mashed Potato (100g)	15
Mashed Potato (1 scoop or 1 tbl spoon)	10
Potato Wedges (2 large)	10

Pasta & Rice	Carb Content (g)
Couscous (100g)	70
Macaroni Cheese (200g)	25
Noodle (1 serving) 100g dried weight	70
Pasta, cooked (100g, 1 cup)	20
Pot Noodle	40-50
Ravioli (200g)	30
Rice (100g)	30
Spaghetti (200g)	30

Fruit	Carb Content (g)
Apple (1 average size)	10
Apricots (3 dried)	10
Banana	20
Fruit Cocktail (tinned in juice 100g)	10
Grapes (100g)	15
Juice (fresh fruit) 100ml	10
Kiwi Fruit	10
Mango (100g)	15
Melon (100g)	15
Nectarine or Peach, fresh or tinned in juice (100g)	10
Orange (1 average size)	10
Pear (100g)	10
Pineapple (1 slice)	10
Plums (4, 100g)	10
Sultanas/Raisins (25g)	20
Strawberries (10)	10

Protein & Fat Content

Food(100g)	Protein Content (g)	Fat Content (g)
All Bran	13	2.5
Almonds	17	54
Alpen	11.5	6.2
Apples	0.2	0
Apricot	0.6	0
Apricot (dried)	4	0
Avocados	4	20
Bacon (streaky fried)	23	45
Bacon (streaky grilled)	25	36
Bananas	1	0.3
Beef (corned)	26	12
Beef (minced, stewed)	23	15
Beef (rump steak, fried)	29	15
Beef (rump steak,grilled)	27	12
Biscuit – Custard Cream	6	23.8
Biscuit – Mini Cheddars	9.8	29.1
Biscuit – Chocolate Digestives	7	24
Biscuit – Shortbread	6	26
Black Currants	1	0
Blackberries	1.5	0
Bran Flakes	9.3	2
Bran wheat	14	5.5
Brazil Nuts	12	60
Bread – Brown	9	2.2
Bread – White	7.8	1.6
Bread – Wholemeal	8.8	2.7
Broccoli (boiled)	3	0
Brussel sprouts (boiled)	3	0
Buns	7	8
Carrots (boiled)	0.6	0
Cauliflower (boiled)	1.5	0
Cauliflower cheese	6	8
Celery (boiled)	0.6	0
Cheese – cheddar	26	34
Cheese – cottage	14	0.5
Cheese – processed	22	25
Cherries	0.5	0
Chicken (roasted)	22	7.5
Cod fillet (fried)	21	8
Cod fillet (grilled)	21	1.3
Coleslaw	1.1	14.8
Cornflakes	8	0.5
Cream – Double	1.5	48
Cream – Single	2.4	21.2
Croissant	4.3	12.2
Cucumber	0.6	0
Currants (dried)	2	0
Egg (scrambled)	10	23
Fish Fingers (fried)	13.5	13
Grapefruit	0.5	0
Ham	18	5

Kidney (stewed)	26	8
Lamb chops (grilled)	24	29
Lettuce	1	0
Liver (stewed)	25	10
Macaroni cheese	3.6	4.8
Mackerel fried	22	11
Mango	0.5	0
Margarine	0	40
Mars bar	5	19
Mayonnaise	2	79
Melon	0.5	0
Milk	3.3	3.8
Milk – skimmed	3.4	0.1
Muesli	13	7.5
Mushrooms (fried)	2.2	22
Nectarines	1	0
Onions (raw)	1	0
Orange juice	0.6	0
Pancakes	6	16
Pasta	13.2	2
Pastry Puff	5.4	25
Peach	0.5	0
Peanuts	0.5	0
Pears	24	50
Peppers (raw)	0.2	0
Pineapple	1	0.4
Popcorn	0.5	0
Pork chops (grilled)	29	24
Porridge Oats	10.6	6.7
Potato – chips	4	11
Potato – crisps	7.3	35.2
Potato – baked with skin	2	0
Potatoes - boiled	1.4	0.1
Prawns	23	2
Puffed wheat cereal	14	1.3
Raisins	1	0
Rice – brown (boiled)	3.4	1.4
Rice Krispies cereal	6	0.7
Rice – white (boiled)	2.6	0.1
Salad Cream	2	27
Sausages – pork (grilled)	13	25
Scampi (fried)	12	18
Scones	7.5	15
Shredded wheat cereal	10.5	3
Spaghetti (boiled)	4	0.3
Strawberries	0.5	0
Sugar puffs cereal	6	0.8
Sultanas	2	0
Sweetcorn	4.1	2.3
Tuna – tinned in oil	25	0.1
Turkey (roasted)	29	3
Walnuts	11	52
Weetabix cereal	11.5	3.5
Yoghurt - natural	5.9	1.2