

## Carbohydrate serves/exchanges

The recommended intake of carbohydrate foods will vary from person to person; depending on weight, height, age and exercise / activity levels. Everyone with diabetes should seek advice from a dietitian about how much is individually appropriate.

The carbohydrate foods underlined are digested more slowly and give a smaller rise in blood glucose. They are better choices and it is good to include at least one of these foods at each meal.

Each carbohydrate serve/exchange below contains 15g of carbohydrate.

Aim for: \_\_\_\_ serves at meals (breakfast, lunch, dinner) \_\_\_\_ serves at snacks (morning tea, afternoon tea, supper).

### Breads & cereals (1 serve/exchange)

- 1/3 cup cooked barley, bulgur (cracked wheat)
- 3/4 cup cooked porridge or 1/4 cup raw rolled oats
- 1/2 cup All-bran
- 3/4 cup Guardian
- 1/2 cup oat bran
- 1/4 cup natural muesli
- 1 1/2 Vitabrits / Weetbix
- 1/3 cup cooked couscous
- 1 cup cooked semolina
- 1 cup cooked polenta
- 1/2 cup cooked pasta or spaghetti or noodles
- 1/3 cup cooked long grain rice – eg Doongara Clever Rice, Mahatma or Basmati
- 1 slice bread – e.g. wholegrain
- 1/2 bread roll – e.g. wholegrain
- 3 thin rice cakes, or 2 Ryvita, or 4 Cruskits, or 1 1/2 Salada, or 3 Premium biscuits, or 4 Vita-wheats
- 10 rice crackers (e.g. Trident, Sakata, Fantastic).
- 1/2 round 25g (regular) wholemeal pita bread
- 1 crumpet (round)
- 1/2 English muffin
- 1 tbsp white flour



### Starchy vegetables/legumes (1 serve/exchange)

- 1/2 cup cooked legumes – e.g. baked beans, bean mix, chick peas, lentils
- 1 cup broad beans
- 1 medium (120g) sweet potato
- 1 medium cob or 1/2 cup sweet corn kernels
- 1 medium potato
- 1/2 cup mashed potato

## Carbohydrate serves/exchanges

---

### Fruit (1 serve/exchange)

- 1 medium apple, pear
- 1 large peach, orange
- 3 medium plums
- 6 medium apricots
- 2 medium mandarins / nectarines
- 20 medium grapes
- 16 medium cherries
- ½ cup stewed / canned fruit in natural juice, drained
- 3 kiwi fruit
- 1 small banana / mango
- 4 slices / rings pineapple
- 1½ cups diced rockmelon / honeydew / watermelon
- 1 tablespoon sultanas, raisins or currants
- 6 dried apple rings / apricot halves
- 3-4 medium dates
- 3-4 medium prunes
- 1 small glass (150ml) unsweetened fruit juice
- 1 cup blackberries, blueberries,  
mulberries, rasberries, strawberries 1 handful (70g) free  
Grapefruit up to 1 is free



### Milk products (1 serve/exchange)

These foods are high in calcium

- 250ml low fat milk fresh, long life, soy milk
- 200ml flavoured soy milk
- 150ml evaporated reduced fat milk
- 200gm low fat, diet or natural yoghurt
- 100gm low fat flavoured / fruit yoghurt
- ½ cup low fat custard
- 100gm Fruche
- 250ml reduced fat artificially sweetened flavoured milk (e.g. Feel Good)
- 200ml reduced fat (light) flavoured milk
- 1 scoop plain vanilla icecream
- 3 scoops artificially sweetened light vanilla icecream (e.g. Dairy Bell Lite)

Reference: Women's & Children's Hospital Carbohydrate Exchange List (2010)

---

### For more information

The Diabetes Centre, The Queen Elizabeth Hospital, 8 Woodville Rd, Woodville South SA 5011  
Telephone: (08) 8222 6771

© Department of Health, Government of South Australia. All rights reserved  
Acknowledgements: RAH, Modbury Hospital, LMHS, Ambulatory & Primary Health Care Services