

CARBOHYDRATE SERVES – a quick guide

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 in **bold** 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.

Breads & cereals

½ cup **barley (uncooked) bulgur (cracked wheat), couscous**

¾ cup cooked **porridge** or ¼ cup raw **oats**

⅓ cup **All-bran**

¾ cup **Guardian**

½ cup Branflakes

¼ cup **oat bran**

¼ cup **natural muesli**

1 ½ Vitabrits / Weetbix

2 tablespoons semolina, polenta (dry)

½ cup cooked **pasta or spaghetti or noodles**

⅓ cup cooked long grain rice – eg Doongara or Basmati

2 rice cakes

1 slice bread – eg **wholegrain**

½ bread roll – eg **wholegrain**

3 large crispbreads – eg Ryvita, Cruskits, or 1 ½ Salada

½ round (regular) (25g) **wholemeal** pita bread

1 crumpet (round)



Starchy vegetables

½ cup **cooked legumes** – eg **baked beans, 3-bean mix, chick peas, lentils**

1 cup broad beans

½ cup **sweet potato**

½ cob or ⅓ cup **sweet corn**

1 medium potato

½ cup mashed potato



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Fruit (2 – 3 serves per day)

1 **apple, orange, pear, peach, nectarine**

2 - 3 **plums, apricots, mandarins, dates or prunes**

15-20 **grapes or cherries**

$\frac{3}{4}$ cup **stewed fruit / canned fruit** in natural juice / no added sugar (drain the juice)

2 **kiwi fruit**

1 small **banana, mango**

2 slices **pineapple**

2 cups **rockmelon / honeydew**

1 $\frac{1}{2}$ cups **watermelon**

1 heaped tablespoon **sultanas, raisins or currants**

6 **apricot halves (dried)**

3 large **grapefruit**

1 small glass (150ml) **unsweetened fruit juice**

Berries eg raspberries, blackberries, strawberries – eat freely



Milk products (include 3 – 4 serves per day)

These foods are high in calcium

1 large cup or 300ml **low fat milk** (fresh, long life or powdered)

200ml **evaporated reduced fat milk**

200gm **low fat yoghurt** – (natural or fruit)

$\frac{1}{2}$ cup **low fat custard**



Non starchy vegetables (at least 5 serves per day)

(1 serve = $\frac{1}{2}$ cup cooked or 1 cup salad) **Eat freely**

Eat a variety of non-starchy vegetables – eg tomato, lettuce, cucumber, green beans, carrots, pumpkin. They are high in fibre, low in fat and contain very little carbohydrate. These are healthy foods to eat and have no effect on blood glucose levels.

