

Advanced Carbohydrate Counting Booklet



Disclaimer: Every effort and care has been taken in obtaining and calculating the carbohydrate content of foods in compiling this resource. All measurements are approximate. As food manufacturers continue to modify their products it is important to check the carbohydrate content from the nutritional information panel when possible.

Data were obtained from the Concise New Zealand Food and Crop Tables, 12th edition and from the nutritional information panels on food products.

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Carbohydrate Foods

Formula: grams of carbohydrate (g CHO) = CHO factor x weight of food (g of weight)

Note: CHO - carbohydrate

* - Refers to estimated carbohydrate

N/A – carbohydrate content not available

Please be aware that companies may change the ingredients and amounts. Always read the label.

Baked Products/Cakes

Product	Quantity	CHO	CHO Factor
Anzac Biscuit (25g)	1 small	14g	0.56
Apple Shortcake (100g)	1 large slice	26g	0.26
Banana Cake Not iced, average (85g)	1 slice	39g	0.45
Biscotti (15g)	1 small	11g *	0.72
Brandy Snap (18g)	1	16g	0.89
Brownie Ernest Adams Chocolate (38g)	1 slice	25g	0.66
Peanut, 7cm diameter (22g)	1 biscuit	14g	0.64
Chocolate Cake Iced, average (61g)	1 slice	31g	0.52
Not iced, average (59g)	1 slice	28g	0.47
Chocolate Caramel Slice (50g)	1 small	30g	0.60
Chocolate Chip Biscuit (34g)	1	19g	0.56
Chocolate Eclair Chocolate iced, cream (42g)	1	13g	0.31
Christmas Fruit Mince Pie Mini, no lattice top (20g)	1	11g	0.55
Regular, with lattice top (60g)	1	26g	0.43
Custard Square (75g)	1	35g	0.47
Danish Pastry (52g)	1	20g	0.36
Doughnut, ring, 2.5 x 8.5cm (42g)	1	18g	0.44
Fruit Cake Rich, not iced, 7.5 x 5 x 1.5cm (45g)	1	25g	0.56
Rich, iced, 7.5 x 5 x 1.5cm (45g)	1	27g	0.60
Ginger Slice, Ernest Adams (38g)	1 slice	24g	0.65
Lamington, Chocolate, 2.5 x 8.5cm (140g)	1	75g	0.54
Meringue (8g)	1 small	7g	0.88
Muffin, fruit, 6 - 7cm diameter (124g)	1 medium	48g	0.38
Pastry Case, sweet (45mm shell)	1 small	6g	0.59

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Pavlova, cream top (100g)	1	49g	0.49
Pikelets, plain, 1.5 x 9cm (40g)	1 large	18g	0.45
Scone, date (85g)	1 medium	40g	0.48
Shortbread (13g)	1	7g	0.57

Biscuits - Sweet

Product	Quantity	CHO	CHO Factor
Arnott's			
Gingernuts (9g)	1	7g	0.80
Malt 'o' Milk (7g)	1	5g	0.76
Marie biscuits (8g)	1	6g	0.76
Milk Arrowroot (8g)	1	6g	0.74
Custard Cream (15g)	1	10g	0.67
Griffin's			
Afghan (17g)	1	11g	0.64
Chocolate Chippies (10g)	1	7g	0.74
Chocolate Thins (8g)	1	5g	0.66
Fruit Fingers, Sultana (12g)	1	8g	0.71
Fruit Digestive (13g)	1	8g	0.67
Golden Fruit, Fruitli (12.5g)	1	9g	0.68
Malt (8g)	1	6g	0.71
Mallow Puff, Original (20g)	1	14g	0.64



Breads

Product	Quantity	CHO	CHO Factor
Quick estimates:			
Wholemeal (38g)	1 medium slice	16g	0.45
Multigrain, 'lite' (27g)	1 medium slice	14g	0.38
Multigrain, heavy (37g)	1 medium slice	17g	0.46
White, toast (32g)	1 slice	15g	0.47
White, medium/sandwich (29g)	1 slice	14g	0.48
Burgen			
Soy and Linseed Toast (41.5g)	1 slice	9g	0.21
Mixed Fruit Toast Bread (41.5g)	1 slice	14g	0.32
Bakers Delight			
Cape Seed Loaf, large, toast (46.5g)	1 slice	12g	0.28

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Lekkerbrot Roll (65g)	1 roll	25g	0.38
Lekkerbrot Loaf, large, Toast (40g)	1 slice	14g	0.35
High Fibre low GI (40g)	1 slice	16g	0.39
Mixed seed sourdough Vienna (31.5g)	1 slice	13g	0.40
Ciabatta loaf (34g)	1 slice	16g	0.47
Wholemeal country grain roll (80g)	1 roll	29g	0.36
Freya's			
5 seed lower carb (41.5g)	1 slice	10g	0.23
Dutch Wholemeal (41.5g)	1 slice	16g	0.39
Swiss soya linseed (41.5g)	1 slice	20g	0.46
Tip Top			
Oatlicious, toast (37g)	1 slice	16g	0.43
Vogel's			
Original Mixed Grain, sandwich (35.5g)	1 slice	14g	0.39
Soy & Linseed, toast (42.5g)	1 slice	13g	0.31
Fruit & Spices, extra thick (30g)	1 slice	14g	0.45

Breads/Products – Specialty baked

Product	Quantity	CHO	CHO Factor
Bagels (90g)	1	48g	0.53
Bread Rolls			
Long, white, supermarket (77g)	1	35g	0.49
Long, wholemeal, supermarket (53g)	1	24g	0.45
Mixed grain, supermarket (65g)	1	25g	0.40
White, supermarket (49g)	1	26g	0.53
Hamburger Bun (70g)	1	35g	0.50
Finger bun, pink icing (85g)	1	51g	0.60
Fruit bun (65g)	1	39g	0.60
Chapatti/Roti			
Thin (47g)	1	22g	0.47
Thin, homemade, 20cm (38g)	1	17g	0.46
Thick, takeaway (75g)	1	36g *	0.46
Bazaar Traditional Roti (40g)	1	20g	0.51
Croissant			
Plain (40g)	1 small	16g	0.40
Plain (80g)	1 large	32g	0.40
Crumpets			
Round (45g)	1	19g	0.38
Square (71g)	1	22g	0.32

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Dough Boys, uncooked, golf ball size (34g)	1	15g	0.45
English Muffins			
Quality Bakers Muffin Split Plain (65g)	1	26g	0.39
Quality Bakers Muffin Split Spicy Fruit (65g)	1	25g	0.38
Tip Top Muffin Split (70g)	1	29g	0.41
Focaccia, 1/8 of 23cm round (50g)	1	21g	0.42
French Bread			
French Stick (25g)	1 medium slice	12g	0.47
French Stick, 1/3 length (100g)	1 large serve	47g	0.47
Hot Cakes			
Regular hot cakes (55g)	1	20g	0.39
Mini, 4 cakes (30g)	1	14g	0.41
Hot Cross Bun			
Baker's Delight Traditional (67g)	1	38g	0.56
Baker's Delight Fruitless (67g)	1	34g	0.51
Supermarket Traditional (55g)	1	32g	0.59
Naan Bread			
Plain (100g)	1 large	44g	0.44
Giannis (75g)	1	38g	0.50
Lebanese Bread, wholemeal (80g)	1	38g	0.48
Panini			
Quality Bakers Plain and Flavoured (90g)	1	39g	0.49
Pams (100g)	1	51g	0.51
Pita Bread			
Danny's Mini wholemeal (40g)	1	20g	0.51
White (75g)	1	38g	0.51
Wholemeal (75g)	1	32g	0.42
Rewena Bread (100g)	1 slice	69g	0.69
Taco Shells, Old El Pasco (11g)	1 shell	6	0.56
Tortillas			
World Oven , Plain (50g)	1	19g	0.38
Bazaar , Wholemeal (60g)	1	31g	0.51
Scrolls			
Baker's Delight Apple and Walnut Scroll (165g)	1	81g	0.49
Baker's Delight Sticky Cinnamon Scroll (93g)	1	52g	0.56
Baker's Delight Cheeseymite scroll (110g)	1	25g	0.58
Wraps			
Farrah Multigrain (61g)	1	35g	0.47
Pams (60g)	1	36g	0.47

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Breakfast Cereals

Product	Quantity	CHO	CHO Factor
Oats			
Porridge, made with milk (260g)	1 cup	33g	0.12
Porridge, made with water (260g)	1 cup	21g	0.08
Rolled Oats, raw (45g)	1/2 cup	25g	0.56
Uncle Toby's Oat singles, plain (34g)	1 sachet	19g	0.57
Uncle Toby's Oats singles, flavoured (35g)	1 sachet	23g	0.66
Homebrand Oat bran, raw (20g)	4 tablespoons	9g	0.44
Hubbards			
Thank Goodness, GF Berry Muesli (50g)	2/3 cup	34g	0.68
Light & Right, Berry (45g)	2/3 cup	33g	0.74
Original, Berry Berry Nice (45g)	1/3 cup	31g	0.63
Simply Muesli, Berry Clusters (50g)	1/2 cup	33g	0.65
Kellogg's			
All-Bran, Original (45g)	3/4 cup	20g	0.44
Just Right Original (40g)	2/3 cup	28g	0.69
Special K Original (40g)	1 cup	27g	0.66
Special K Honey and Almond (40g)	3/4 cup	27g	0.68
Sultana Bran (45g)	3/4 cup	28g	0.62
Nutri-Grain (40g)	1 cup	29g	0.71
Coco Pops (30g)	2/3 cup	26g	0.87
Crunchy Nut Clusters (35g)	2/3 cup	27g	0.77
Sanitarium			
Fibre Life, Bran Flakes (45g)	3/4 cup	23g	0.51
Cornflakes (30g)	1 cup	25g	0.83
Ricies (30g)	1 cup	26g	0.85
Weet-Bix (30g)	2 biscuits	20g	0.67
Oat Bran (40g)	2 biscuits	27g	0.67
Multi-Grain (48g)	2 biscuits	34g	0.71
Wild Berry Bites (45g)	15 bites	31g	0.69
Vogel's			
Café Style, Light Muesli Vanilla & Almond (40g)	40g	26g	0.64
Weight Watchers			
Fruit & Fibre Tropical Breakfast (45g)	2/3 cup	30g	0.67

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Crispbread/Crackers

Product	Quantity	CHO	CHO Factor
Arnott's			
Original Water Crackers, wholegrain (18g)	6	13g	0.73
Salada, Original, Light (14g)	4 small	11g	0.76
Vita-Weat, 9 Grains (23g)	4	14g	0.62
Griffin's			
Snax, Original (19g)	5	12g	0.61
Healtheries			
Grain wafers, wholegrain rice (6g)	1 crispbread	5g	0.76
Huntley & Palmers			
Sesameal Classic 5 grain (23g)	4 crackers	15g	0.66
Real Foods			
Corn Thins, Original (12g)	2 slices	9g	0.75
Peckish			
Brown Rice Crackers (20g)	5	15g	0.75
Thins, Original (20g)	5	17g	0.84
Ryvita			
Original Rye (20g)	2 slices	13g	0.67
Multi Grain (22g)	2 slices	12g	0.56

Dairy Products

Product	Quantity	CHO	CHO Factor
Buttermilk – Tararua (250ml)	1 cup	10g	0.04
Coconut Milk - Trident Light (400ml)	60ml	3g	0.04
Evaporated Milk – Carnation Lite and Creamy (375ml)	1 can	47g	0.13
Ice-Cream			
Vanilla, standard (70g)	½ cup	14g	0.19
Vanilla, low-fat (68g)	½ cup	14g	0.24
Vanilla, premium (70g)	½ cup	13g	0.17
Hokey Pokey (79g)	½ cup	18g	0.22
Zilch Reduced-fat, chocolate (57g)	100ml	3g	0.04
Ice-cream Cone			
Single, plain, wafer type, 4g	1	3g	0.80
Snowdon Honey/Waffle, 12g	1	9g	0.76
Milk			
Low fat/fat reduced (250ml)	1 cup	12g	0.05
Soy milk, lite (250ml)	1 cup	10g	0.04

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Almond milk, original (250ml)	1 cup	9g	0.04
Almond milk, unsweetened (250ml)	1 cup	0.8g	0.03
Rice milk (250ml)	1 cup	24g	0.09
Milkshakes			
Whole milk, average flavours (300ml)	1	19g	0.06
Thick shake (300ml)	1	50g	0.17
Yoghurt			
De Winkel Plain Unsweetened (150g)	150g	1g	0.01
Easy-Yo Reduced Fat, Natural, 200g	¾ cup	13g	0.07
Fresh 'n' Fruity Natural, Greek (150g)	150g	11g	0.07
Fresh 'n' Fruit , Regular, Fruit of the Forest (150g)	150g	20g	0.13
Naturelea Plain Unsweetened (125g)	125g	5g	0.04

Note: Cheese and Cream have minimal carbohydrates so would not have to be counted

Desserts

Product	Quantity	CHO	CHO Factor
Apple Crumble (250g)	1 cup	80g	0.32
Bread and butter pudding, baked (250g)	1 cup	40g	0.16
Christmas pudding (132g)	½ cup	69g	0.52
Creamed Rice pudding, canned (210g)	210g	37g	0.38
Fresh fruit salad (237g)	1 cup	28g	0.12
Fruit pie, 1 crust, 6 x 6 x 2cm (87g)	1 serve	23g	0.27
Jelly, regular, all flavours (140g)	½ cup	20g	0.14
Lemon Meringue pie (100g)	1 large serve	34g	0.34
Pastry			
Filo, ready rolled, 21g	2 sheets	15g	0.71
Flakey, 8 x 8 x 0.5cm, 34g	1 sheet	12g	0.35
Puffed, ready rolled, 125g	1 sheet	47g	0.37
Pavlova, cream topped (60g)	1 serve	29g	0.49
Rice Pudding, homemade (250g)	1 cup	45g	0.18
Sponge pudding (fruit), steamed (90g)	1 serve	42g	0.47
Trifle (180g)	1 cup	40g	0.22

Drinks

Product	Quantity	CHO	CHO Factor
Chocolate Drinks			
Drinking Chocolate (3g)	1 teaspoon	2g	0.74
Milo (15g)	3 teaspoons	10g	0.65
Ovaltine (15g)	3 teaspoons	12g	0.81

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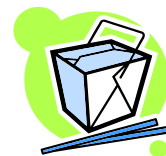
Coffee			
Café Latte (350ml)	1 cup	14g *	N/A
Cappuccino (200ml)	1 cup	5g *	N/A
Flat White (200ml)	1 cup	6g *	N/A
Note: Serving size and strength of coffee varies greatly. On average, approximately 70% of a cup of coffee is milk			
Fruit Juice, Just Juice, 50% less sugar (250ml)	1 glass	12g	0.04
Soft drink, standard (250ml)	1 glass	27g	0.10
Note: Energy drinks vary depending on brands – read the label			
Tomato Juice (250ml)	1 glass	12g	0.05

Eating Out

Product	Quantity	CHO	CHO Factor
Falafel, vegetarian (5cm)	1 ball	6g	0.13
Fish cake, baked (76g)	1	15g	0.19
Fish pie (220g)	1 cup	26g	0.12
Kebab (Pita bread, Hummus, salad, chicken)	1 small	24g *	NA
Kumara chips, deep fried (100g)	1 cup	31g	0.31
Lasagne, beef, mince, 3 x 5cm (310g)	1	23g	0.07
Macaroni, cheese (258g)	1 cup	29g	0.11
Meat pie (172g)	1	31g	0.18
Pizza, Hawaiian, thick crust, 1/8 pizza (97g)	1 slice	33g	0.34
Poppadom fried (6g)	1	1g	0.22
Potato salad (238g)	1 cup	33g	0.14
Quiche Lorraine, 22.5cm diameter (263g)	¼ pie	30g	0.11
Rice salad (244g)	1 cup	47g	0.19
Sausage roll (100g)	1 medium	30g	0.30
Savoury Pastries			
Bacon & Egg, pastry case (55g)	1 mini pie	9g	0.15
Mince savoury, pastry top (50g)	1 mini pie	5g	0.28
Cottage savoury, potato top (70g)	1 mini pie	5g	0.21
Sausage roll (41g)	1 small	10g	0.25
Shepherd's pie, 23cm diameter (115g)	1/8 pie	9g	0.08
Tabouleh salad (169g)	1 cup	18g	0.10

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Fast Foods (varies widely)



Carbohydrate content of these foods varies widely depending on different brands and ingredients used. Look on company websites / ask for nutrition information at counters or read labels for most accurate information.

Product	Quantity	CHO	CHO Factor
Chinese			
Chop Suey –Chicken or lean meat, stir fried (253g)	1 cup	14g	0.05
Chow Mein			
Lean beef, fat, stir fried (253g)	1 cup	11g	0.04
Chicken (253g)	1 cup	19g	0.08
Combination (253g)	1 cup	20g	0.08
Fried Rice (209g)	1 cup	62g	0.29
Sweet and Sour Pork (195g)	1 cup	40g	0.10
Fish and Chips			
Battered fish (146g)	1 medium	22g	0.15
Hot chips (220g)	1/2 scoop	70g	0.32
Japanese			
8 pack sushi (large pieces)	1 pack	75-83g	N/A
1 teriyaki chicken on rice (240g)	1 portion	77g	0.32
KFC			
Original recipe chicken 2 piece (164g)	2 piece	8g	0.05
Zinger burger (208g)	1 burger	50g	0.24
Potato & Gravy, regular (120g)	1 regular	13g	0.10
McDonald's			
Big Mac (200g)	1	39g	0.18
Hamburger (92g)	1	30g	0.27
Cheeseburger (108g)	1	30g	0.24
Fries, Medium serve (97g)	1 medium	35g	0.33
Small serve (71g)	1 small	26g	0.33
Pita Pit			
Plain, Chicken Caesar, salad (excludes cheese, sauce)	1 regular	43g	N/A
Plain, Falafel, salad (excludes cheese, sauce)	1 regular	55g	N/A
Pizza Hut			
Thin 'n Crispy, Large slice	1 slice	15g	0.21
Classic Crust, Large slice	1 slice	18g	0.23
Pan Crust, Large slice	1 slice	22g	0.25
<i>Note: The weight of slices vary, it is easy to underestimate the carbohydrate per slice.</i>			
Subway			
6 inch sandwich (Ham, roast beef, turkey)	1 sandwich	39g	N/A
6 inch wrap (Ham, roast beef, turkey)	1 wrap	36g	N/A

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Fruit

Figures apply to edible portion unless stated otherwise. Figures for banana and oranges including skin are estimates only, as they are affected by the thickness of the skin.

Note: All stewed fruit is without added sugar.



Product	Quantity	CHO	CHO Factor
Apple			
Fresh (130g)	1 medium	14g	0.10
Stewed (90g)	1/2 cup	7g	0.07
Apricots			
Fresh (54g)	1 medium	5g	0.09
Stewed, unsweetened (130g)	1/2 cup	7g	0.05
Dried (35g)	10 halves	17g	0.48
Banana			
Bobby (60g)	1 small	15g	0.25
Medium (117g)	1 medium	30g	0.24
Large (154g)	1 large	40g	0.24
Blackberries			
Fresh (123g)	1 cup	12g	0.10
Frozen (160g)	1 cup	12g	0.07
Blackcurrants			
Frozen, unsweetened (59g)	1/2 cup	4g	0.06
Blueberry			
Fresh (120g)	1 cup	21g	0.17
Frozen, unsweetened (164g)	1 cup	20g	0.12
Boysenberries			
Fresh (133g)	1 cup	10g	0.07
Frozen, unsweetened (140g)	1 cup	9g	0.06
Cherries - Fresh (67g)	10	9g	0.14
Cranberries			
Frozen (55g)	1/2 cup	2g	0.04
Craisins, dried, sweetened (10g)	1 tablespoon	8g	0.83
Currants - Dried (77g)	1/2 cup	52g	0.67
Dates			
Dried (83g)	10	56g	0.68
Chopped, dried (94g)	1/2 cup	64g	0.68
Dried Fruit – mixed (174g)	1 cup	118g	0.68
Feijoas - Fresh, flesh (50g)	1 average	4g	0.08
Figs			
Whole, dried (16g)	1	9g	0.54

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Chopped, dried (105g)	1/2 cup	58g	0.54
Grapefruit - Fresh (236g)	1	12g	0.05
Grapes (black, red, green)			
Fresh (54g)	10	8g	0.15
Kiwifruit			
Fresh, without skin (90g)	1 medium	8g	0.09
Fresh, with skin (115g)	1 medium	8g	0.07
Loganberries – Fresh (156g)	1 cup	5g	0.03
Mandarin – Fresh (60g)	1 small	6g	0.10
Mango			
Fresh (203g)	1	30g	0.15
Fresh, sliced (176g)	1 cup	26g	0.15
Melon			
Cantaloupe (172g)	1 cup diced	9g	0.05
Honeydew (172g)	1 cup diced	17g	0.10
Rockmelon (168g)	1 cup diced	11g	0.06
Watermelon, fresh (213g, including skin)	1 slice	11g	0.05
Mixed Berries – Frozen (100g)	1 cup	7g	0.07
Nashi Pear – Fresh (130g)	1	12g	0.10
Nectarine – Fresh (143g)	1 medium	11g	0.08
Orange			
Fresh, without skin 155g	1 medium	14g	0.09
Fresh, with skin, 205g	1 medium	14g	0.07
Papaya – Fresh (100g)	1/4 fruit	7g	0.07
Passionfruit – Fresh (18g)	1 medium	1g	0.07
Peach			
Fresh (138g)	1 small	10g	0.07
Canned, natural juice (130g)	1/2 cup	12g	0.09
Dried (61g)	1/2 cup	31g	0.50
Pear			
Fresh (148g)	1 small	17g	0.12
Canned, natural juice (129g)	1/2 cup	11g	0.09
Persimmon			
Fresh, flesh, no stones (145g)	1 medium	22g	0.15
Fresh, with skin (200g)	1 medium	22g	0.11
Pineapple – Fresh (110g)	1 slice	12g	0.11
Plums			
Fresh (49g)	1 small	7g	0.14
Stewed (132g)	1/2 cup	9g	0.07

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Prunes			
Dried (84g)	10	37g	0.44
Stewed (112g)	1/2 cup	26g	0.23
Raisins			
Dried (15g)	1 tablespoon	10g	0.67
Dried (69g)	1/2 cup	46g	0.67
Raspberries – Fresh (136g)	1 cup	6g	0.05
Rhubarb – Stewed (265g)	1 cup	3g	0.01
Strawberries			
Fresh, chopped (158g)	1 cup	10g	0.07
Fresh (28g)	5	2g	0.07
Sultanas - Dried (15g)	1 Tbsp	10g	0.75
Tamarillo			
Red, flesh (75g)	1small	3g	0.04
Red, fresh, with skin (95g)	1 small	3g	0.03
Tangelo, Fresh (90g)	1 small	6g	0.08

Grains/Legumes

Product	Quantity	CHO	CHO Factor
Baked Beans			
Wattie's Baked Beans (300g)	1 tin	48g	0.16
Wattie's Baked Beans 'Lite' (210g)	1/2 tin	27g	0.13
Weight Watchers Baked Beans (130g)	1 small tin	13g	0.16
Barley			
Pearl, dry (100g)	1/2 cup	61g	0.61
Pearl, boiled (190g)	1 cup	38g	0.21
Bulgur wheat			
Boiled (265g)	1 cup	46g	0.17
Cannellini Beans			
Delmaine , Canned, drained (100g)	¼ tin	11g	0.11
Chickpeas			
Craig's Canned, drained (186g)	1 cup	24g	0.12
Dried, boiled (173g)	1 cup	18g	0.10
Couscous			
Dry (100g)	1/2 cup	72g	0.72
Cooked (120g)	2/3 cup	28g	0.23
Dahl (172g)	1 cup	29g	0.16
Hummus (15g)	1 tablespoon	1g	0.06
Haricot Beans, boiled, drained (180g)	1 cup	27g	0.15

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Kidney			
Red, dried, boiled (209g)	1 cup	22g	0.10
Canned, drained (100g)	1/2 cup	17g	0.17
Lentils			
Red, dried, boiled (100g)	1 cup	22g	0.22
Millet			
Cooked (138g)	1 cup	32g	0.23
Buckwheat			
Raw (prior to cooking) (85g)	1/2 cup	61g	0.72
Noodles			
Egg, boiled (169g)	1 cup	22g	0.13
Rice Noodles/Vermicelli, boiled (116g)	1 cup	19g	0.17
Maggi			
Instant 2-minute noodles, raw/cooked (380g)	1 cake	40g	0.10
Pasta			
Plain, dried, uncooked (100g)	1 cup	74g	0.74
Plain, dried, cooked (140g)	1 cup	40g *	0.28
Fresh, assorted (150g)	1 cup	36g	0.24
Spaghetti			
Dry (100g)	1/4 pkt	75g	0.75
Boiled (148g)	1 cup	35g	0.24
Rice			
Basmati rice, uncooked (100g)	1/2 cup	77g	0.77
Rice, white, boiled (145g)	1 cup	40g *	0.28
Rice, brown, boiled (206g)	1 cup	60g	0.30
Uncle Ben's Brown rice pouch (125g)	1/2 bag	29g	0.35
Sago			
Dry, uncooked (100g)	1/2 cup	84g	0.84
Cooked (265g)	1 cup	18g	0.07
Semolina			
Dry, uncooked (35g)	4 tablespoons	23g	0.66
Cooked, milk, sugar (245g)	1 cup	15g	0.06
Soya Beans			
Dried, cooked (150g)	N/A	6g	0.04
Tinned Spaghetti			
Wattie's Spaghetti in Tomato Sauce (300g)	1 tin	41g	0.14
Wattie's Spaghetti 'Lite' in Tomato Sauce (210g)	½ tin	27g	0.13
Split Peas			
Dried, cooked (194g)	1 cup	43g	0.22

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Quinoa, cooked (150g)	1 cup	26g	0.17
Tofu, raw (126g)	½ cup	5g	0.04

Muesli Bars

Product	Quantity	CHO	CHO Factor
Mother Earth			
Baked Oaty slices, Choc chip (40g)	1 bar	22g	0.54
Nature Valley			
Crunchy bars, Oats & Honey (42g)	2 bars	27g	0.65
Nice & Natural			
Natural Nut bar, Trail mix (32g)	1 bar	12g	0.39
Protein Nut Bar, Superseeds, Dark Choc (33g)	1 bar	8g	0.23



Nuts/Seeds

Product	Quantity	CHO	CHO Factor
Almonds			
Raw (12g)	10	1g	0.06
Raw (155g)	1 cup	10g	0.06
Brazil nuts			
Raw (38g)	10	1g	0.03
Raw (152g)	1 cup	6g	0.03
Cashew nuts			
Raw (30g)	1 small handful	5g	0.17
Unsalted, roasted (148g)	1 cup	39g	0.27
Hazelnuts			
Raw, chopped (137g)	1 cup	7g	0.05
Linseeds			
Raw (28g)	3 tablespoons	11g	0.39
Macadamia nuts			
Oil, roasted (144g)	1 cup	15g	0.10
Peanuts			
Raw (30g)	1 small handful	1g	0.08
Dry roasted, salted (150g)	1 cup	20g	0.14
Pecan nuts			
Raw (28g)	20 halves	4g	0.13
Raw (116g)	1 cup	15g	0.13
Pistachio nuts			
Raw (130g)	1 cup	10g	0.07

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Pumpkin Seeds			
Roasted, salted (15g)	1 tablespoon	2g	0.11
Sesame Seeds			
Raw (9g)	1 tablespoon	1g	0.08
Raw (144g)	1 cup	12g	0.08
Sunflower Seeds			
Roasted, unsalted (144g)	1 cup	25g	0.17
Walnuts			
Raw (114g)	1 cup	5g	0.04

Sauces/Mayonnaise/Salad Dressings/Chutney

Product	Quantity	CHO	CHO Factor
Chutney			
Barker's Sundried Tomato & Olive (10g)	10g	3g	0.30
Barker's Ploughmans (10g)	10g	4g	0.45
Gravy			
Dried, assorted, prepared with water (63mL)	1/ 4 cup	3g	0.04
Mayonnaise			
Original (25g)	2 tablespoons	5g	0.19
Reduced fat (25g)	2 tablespoons	6g	0.23
Pasta Sauce			
Heinz Pasta Sauce, Tomato & Basil (130g)	130g	12g	0.10
Dolmio Pasta Sauce, Classic Tomato (125g)	125g	12g	0.09
Salad Dressing			
French/Italian dressing (15g)	1 tablespoon	1g	0.08
Sauces			
Sweet Chilli sauce (18g)	1 tablespoon	9g	0.45
Tomato sauce/Ketchup (18g)	1 tablespoon	4g	0.25
White Sauce			
Homemade (18g)	1 tablespoon	2g	0.10

Snack Foods

Product	Quantity	CHO	CHO Factor
Corn chips, cheese (50g)	1 small pkt	28g	0.55
Le Snak (22g)	1 pkt	6g	0.28
Potato chips, assorted flavours, salted (40g)	1 small pkt	17g	0.43
Popcorn, plain (11g)	1 cup	6g	0.55
Pretzels, salted (30g)	30g	19g	0.65

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Soups

Product	Quantity	CHO	CHO Factor
Thick Soup			
Maggi Chicken, powder (10g)	1 pkt	7g	0.65
Wattie's Chicken and Corn, heated (250ml)	1 cup	9g	0.04
Watties' Tuscan Tomato, heated (250ml)	1 cup	12g	0.05
Good Taste Creamy pumpkin soup, heated (300g)	1 large cup	35g	0.12
Continental Chicken noodle soup (250ml)	1 cup	25g	0.10
Lentil soup (258ml)	1 cup	26g	0.10
Pumpkin soup (250ml)	1 cup	25g	0.10
Note: Asian style or vegetable (thin) soups have minimal carbohydrates			

Vegetables



Product	Quantity	CHO	CHO Factor
Beetroot			
Fresh/canned, drained, sliced (10g)	1 slice	1g	0.10
Golden Circle Whole Baby Beets (75g)	4 small	9g	0.12
Broad Beans (170g)	1 cup	15g	0.09
Carrots			
Sliced, boiled, drained (146g)	1 cup	11	0.07
Corn			
Sweet, kernels, frozen, boiled (173g)	1 cup	14g	0.08
Corn on Cob (265g)	1 medium cob *	24g	0.09
Wattie's Creamed style corn (100g)	1/4 tin	17g	0.17
McCain Super Juicy Corn, frozen (100g)	3/4 cup	20g	0.20
Green Banana (Plantain)			
Cooked, boiled (140g)	1 small	37g	0.26
Kumara			
Red, boiled (157g)	1 small	29g	0.18
Roasted, flesh (108g)	1/2 cup	23g	0.21
Parsnip			
Fresh, boiled, drained (160g)	1	17	0.11
Peas			
Green, frozen, boiled (181g)	1 cup	17g	0.09
Potato			
Raw, with skin, waxy (135g)	1 medium	14g	0.10

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Waxy, with skin, boiled (135g)	1 medium	15g	0.11
Boiled, mashed (246g)	1 cup	30g	0.12
Baked, with skin, no oil (162g)	1 medium	31g	0.20
McCain Superfries, shoestring (100g)	12	23g	0.23
Pams Wedges, Crunchy (150g)	1 cup	37g	0.25
Wattie's Hash Brown, onion (62g)	1	12g	0.19
Pumpkin			
Boiled (77g)	1/2 cup	3g	0.04
Baked (60g)	1/2 cup	6g	0.09
Roasted, flesh & skin (107g)	1/2 cup	5g	0.05
Taro			
Baked (155g)	1 small	38g	0.25
Yam			
Baked, unpeeled (135g)	135g	25g	0.19

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Miscellaneous

Product	Quantity	CHO	CHO Factor
Flour			
Plain (10g)	1 Tbsp	7g	0.72
Plain (137g)	1 cup	99g	0.72
Wholemeal (124g)	1 cup	76g	0.61
Breadcrumbs (125g)	1 cup	83g	0.67
Cornflour (8g)	1 Tbsp	6g	0.83
Chocolate			
Chocolate, assorted, fancy, filled (5g)	1	3.5g	0.69
Dark chocolate (25g)	2 pieces	16g	0.63
Dairy Milk, small bar (50g)	1 small	28g	0.56
Cadbury Dairy Milk & Crunchie block (355g)	1 block	68g	0.56
Cadbury Roses (13g)	1	8g	0.64
Kit Kat (12g)	1 finger	7g	0.58
Snickers, Mars bars (61g)	1 bar	35g	0.57
Whittaker's Peanut Slab (52g)	1 slab	24g	0.46
Honey (21g)	1 Tbsp	17g	0.80
Jam, berry fruit (16g)	1 Tbsp	11g	0.70
Lemon curd (17g)	1 Tbsp	5g	0.29
Jelly Beans			
Small (12g)	6	12g	0.98
Jumbo (15g)	3	14g	0.98
Marshmallows			
Standard (8g)	2	6g	0.78
Fruit gums (6g)	3	5g	0.82
Roll ups, Fruit strings (17g)	1	13g	0.71
Sugar, white			
4g	1 tsp	4g	1.00
15g	1 Tbsp	15g	1.00
214g	1 cup	214g	1.00
Sugar, brown			
100g, packed	1/2 cup	95g	0.95
3g	1 tsp	3g	0.95
Sugar, caster sugar			
218g	1 cup	218g	1.00
Treacle (20g)	1 Tbsp	15g	0.72
Golden Syrup (20g)	1 Tbsp	15g	0.76

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Disclaimer: Every effort and care has been taken in obtaining and calculating the carbohydrate content of food in compiling this resource. All measurements are approximations

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Food Labels and use of company websites

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