

## Carbohydrate Exchange List

Food	Amount	Qty	Carb (g)	Exch
<b>Bread</b>				
Bread roll, small	30g	1	16	1.0
Bread roll, medium	50g	1	27	2.0
Bread white, sliced thin	35g	1	16	1.0
Bread white, sliced thick	42g	1	19	1.0
Bread, raisin	28g	1	13	1.0
Bagel, medium	55g	1	25	1.5
English muffin	67g	1	23	1.5
Pita pocket bread	67g	1	35	2.5
Lebanese bread	84g	1	39	2.5
Lavash	57g	1	30	2.0
Crumpet	42g	1	18	1.0
Turkish Bread	143g	1 med slice	61	4.0
Focaccia	40g	1/8 loaf	18	1.0
Bread, rice, gluten free	40g	1	16	1.0
Bread, corn, gluten free	30g	1	15	1.0
<b>Legumes/Grains</b>				
Lentils, cooked	119g	1/2 cup	12	1.0
Baked beans, canned	138g	1/2 cup	15	1.0
Red kidney beans, canned	95g	1/2 cup	14	1.0
Mixed bean, canned	100g	1/2 cup	14	1.0
Chick peas, canned	87g	1/2 cup	12	1.0
Rice, white, cooked	60g	1/3 cup	14	1.0

Food	Amount	Qty	Carb (g)	Exch
<b>Legumes/Grains continued...</b>				
Pasta, white, cooked	75g	1/2 cup	19	1.0
Noodles rice, cooked	220g	1 cup	47	3.0
Noodles, egg, cooked	169g	1 cup	43	3.0
Couscous, cooked	154g	1 cup	15	1.0
<b>Vegetables</b>				
Potato, large	216g	1	27	2.0
Potato, medium	147g	1	18	1.0
Potato, small	110g	1	13	1.0
Potato, mashed, no milk	240g	1 cup	28	2.0
Sweet potato, medium	151g	1	21	1.5
Corn Cob, medium	7cm	1/2 cob	17	1.0
Corn kernels	87g	1/2 cup	17	1.0
<b>Fruit</b>				
Apple, medium	166g	1	17	1.0
Apricot	168g	3	13	1.0
Apricot, dried	35g	10 halves	16	1.0
Banana, medium	101g	1	20	1.5
Cherries, pitted	153g	1 cup	18	1.0
Figs, fresh, large	102g	2 large	8	0.5
Grapes, green	170g	1 cup	26	1.5
Kiwi fruit, medium	104g	1	10	0.5
Mandarin, medium	86g	1	7	0.5
Nectarine, medium	151g	1	12	1.0

Food	Amount	Qty	Carb (g)	Exch
<b>Fruit continued...</b>				
Orange, medium	131g	1	10	0.5
Peach, medium	145g	1	9	0.5
Pear, medium	161g	1	23	1.5
Pineapple, fresh, peeled	110g	1 piece	9	0.5
Plum	132g	2	9	0.5
Rockmelon	265g	½ whole	13	1.0
Watermelon, peeled	322g	2 cups	16	1.0
Honeydew, peeled	160g	¾ cup	10	0.5
Fruit salad, canned	220g	1 cup	22	1.5
Fruit salad, fresh	206g	1 cup	21	1.5
Sultana	27g	2 Tbls	20	1.5
Prunes	32g	4	14	1.0
Date, dried	20g	4	13	1.0
Raisin	26g	2 Tbls	18	1.0
<b>Dairy</b>				
Milk, whole	250ml	1 cup	11	1.0
Milk, reduced fat (1.3% fat)	250ml	1 cup	14	1.0
Milk, light (1% fat)	250ml	1 cup	16	1.0
Powdered milk, skim	25g	2 Tbls	13	1.0
Yoghurt, reduced fat fruit	200g	1 tub	26	2.0
Yoghurt, reduced fat plain	200g	1 tub	16	1.0
Custard, low fat	100g	⅓ cup	16	1.0
Ice cream, low fat	50g	2 small scoops	10	0.5

Food	Amount	Qty	Carb (g)	Exch
<b>Dairy continued...</b>				
Flavoured milk, average all flavours	300ml	1 carton	27	2.0
Soy milk, low fat	250ml	1 cup	14	1.0
<b>Snack Foods/Sweets</b>				
Scone, plain	42g	1	21	1.5
Scone, fruit	31g	1	17	1.0
Pikelet	25g	1	9	0.5
Cake, chocolate iced	49g	⅒ of whole	24	1.5
Cup cake, iced	40g	1	22	1.5
Chocolate, plain	28g	4 pieces	17	1.0
Lollies – soft	15g	5 pieces	12	1.0
Lollies – hard	14g	5 pieces	14	1.0
Commercial popcorn, regular	17g	2 cups	9	0.5
Cashews, raw	73g	½ cup	12	1.0
Mixed nuts	66g	½ cup	9	0.5
Potato crisps, plain	30g	1 small multipack	10	0.5
Donut, iced	56g	1 small	27	2.0
Donut, cinnamon	45g	1 small	18	1.0

Food	Amount	Qty	Carb (g)	Exch
<b>Takeaway Foods</b>				
<i>McDonalds</i>				
Fries, small		1 carton	29	2.0
Fries, large		1 carton	51	3.5
Quarter Pounder/Big Mac		1	35	2.5
Cheeseburger		1	26	2.0
Nuggets		6 pack	14	1.0
Sundae, chocolate		1	53	3.5
Thickshake, small		1	45	3.0
<i>Pizza Hut</i>				
Garlic Bread	40g	2 slices	17	1.0
Pan Pizza, average	85–95g	1 slice	26	2.0
Thin and Crispy, average	50–70g	1 slice	18	1.0
<i>Italian</i>				
Lasagne, small	200g	1 serve	30	2.0
Pasta with sauce	150g	1 cup	38	2.5
Garlic bread	29g	1 med slice	13	1.0
<i>Asian</i>				
Dim Sim (steamed)	45g	1 small	12	1.0
Wonton		2 medium	12	1.0
Spring Roll		1 small	11	1.0
Prawn Crackers		5 crackers	8	0.5
Chow Mein	230g	1 cup	16	1.0

Food	Amount	Qty	Carb (g)	Exch
Rice, boiled	180g	1 cup	50	3.0
Rice, fried	174g	1 cup	49	3.0
Rice Noodles, (cooked)	220g	1 cup	47	3.0
Californian Roll	160g	1 average	25	1.5
Nori Roll	130g	1 average	25	1.5
<i>Other</i>				
Hamburger	(90g bun)	1 average	40	2.5
Hot Chips	140g	1 bucket	47	3.0
Pie, party	54g	1 pie	8	0.5
Pie, single	180g	1 pie	32	2.0
Sausage Roll, party	40g	1 roll	9	0.5
Sausage Roll, single	130g	1 roll	27	2.0
Pastie	186g	1	43	3.0
Battered Fish	130g	1 piece	22	1.5
Hot Dog, with roll	85g	1	24	1.5
Chicko Roll	165g	1	42	3.0
<b>Miscellaneous</b>				
Jam	27	1TbIs	18	1.0
Milo	14	2TbIs	8	0.5
BBQ sauce	21	1TbIs	9	0.5
Honey	29	1TbIs	24	1.5
<p><i>This information has been obtained from the Traffic Light Guide to Food (2005 edition, NUTTAB 2006 and Food Manufacturers. The nutrition composition may vary depending on natural biological variations in the composition of foods (such as fruit and vegetables) and differ according to brands and manufacturing processes, or as a result of changes to ingredients.</i></p>				