

Carbohydrate Foods

The following serves of carbohydrate foods = 1 Exchange (15g carbohydrate)

Dairy Food (except cream & cheese)



milk
300mls



flavoured milk
150mls



yoghurt
½ tub (100g)



custard
1/3 cup



ice cream
½ cup

Fruit & Fruit Juice



apple/orange/
pear
1 small



fruit juice
½ cup (120mL)



apricots/plums/
kiwi fruit
2 medium



banana
½ medium



grapes/cherries
20



date/prunes
3 whole



unsweetener
tinned fruit
½ cup



melon
2 cups

Starchy Vegetables & Legumes



sweet potato/taro/cassava
½ cup



potato
1 small / ½ cup



1 small cob /
½ cup kernels



½ cup baked beans /
3 bean mix



¾ cup lentils



soup
1 cup

Cereals and Grains



bread
1 slice



bread roll/wrap
½ medium



muesli/oats
¼ cup



Weetbix™ /VitaBrits™
1½ biscuits



flake cereal
½ cup



cooked rice
1/3 cup



cooked pasta
½ cup



crispbreads
2-4 biscuits