

Carbohydrate Reference Tables

This resource lists the amount of carbohydrate in a range of foods.

Carbohydrates provide us with energy and are also the main nutrient affecting blood glucose levels. Increasing your carbohydrate awareness or counting carbohydrate will help you know how your food affects your blood glucose level after eating.

There are different ways of calculating the carbohydrate content in your food. Your dietitian can help you decide on the best methods to suit you.

The tables show:

The **carbohydrate content in grammes (g)** for the amount of food listed. For example, 1 medium slice bread contains 15g carbohydrate. Compare your serving with the amount listed and work out how much carbohydrate is in the food you eat.

For foods that may be weighed, the carbohydrate content in grammes (g) per 100g of food is also provided. If you wish to weigh your food portion that amount of carbohydrate per 100g can be used to work out the amount of carbohydrate in your serving.

To work out the carbohydrate content of your weighed serving using the per 100g value on the table or the amount of carbohydrate per 100g on the label, use the following equation:

Divide (\div) the amount of carbohydrate per 100g by 100 then multiply (\times) by the weight of food = carbohydrate in grammes

Example

A serving of cooked pasta 200g. Cooked pasta has 35g carbohydrate per 100g.

Using the equation above:

The amount of carbohydrate in the serving = $35 \div 100 \times 200 = 70\text{g}$ carbohydrate

The tables also list a selection of brand foods. Values can differ between manufacturers and products and manufacturers may change their products/recipes from time to time. It is more accurate to use the carbohydrate content listed on the food label for a specific food and brand you choose where possible.

Remember to use the **total carbohydrate** content not the 'of which sugars'.

Conversion charts for weight and liquid

Metric measures such as grammes (g) or millilitres (ml) are used on food packets and labels in the UK. If you are more familiar with imperial measures such as ounces (oz) and pounds (lb) these conversion charts may be helpful.

Weight conversion chart

Metric weights	Imperial weights
15g (grams)	$\frac{1}{2}$ oz (ounce)
25g	1 oz
50g	2oz
75g	3oz
100g	4oz = $\frac{1}{4}$ lb
225g	8oz = $\frac{1}{2}$ lb
350g	12 oz = $\frac{3}{4}$ lb
450g	16oz = 1 lb
1000g = 1 kg (kilogram)	

Liquid conversion chart

Metric volume	Imperial volume
5 ml (millilitre)	1 tsp (teaspoon)
15ml	1 tbsp (tablespoon)
30ml	1 fl oz (fluid ounce)
150ml	5 fl oz = $\frac{1}{4}$ pint
200ml	7 fl oz = $\frac{1}{3}$ pint
275ml	10 fl oz = $\frac{1}{2}$ pint
425ml	15 fl oz = $\frac{3}{4}$ pint
568ml	20 fl oz = 1 pint
1000ml = 1 l (litre)	

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Bread	Serving Amount	Carbohydrate (g)	
		/serving	/100g
White	1 thin slice	11g	50g
	1 medium slice	15g	50g
	1 thick slice	20g	50g
	1 extra thick slice	30g	50g
Wholemeal	1 thin slice	10g	42g
	1 medium slice	15g	42g
	1 thick slice	20g	42g
Granary	1 medium slice	15g	46g
Rye	1 medium slice	16g	46g
Baguette	2 ½ cm slice	10g	55g
	13 cm slice	50g	55g
Breadsticks	3	10g	73g
Ciabatta	1 thick slice	20g	51g
Garlic Bread	1 thick slice	20g	48g
Finger roll	1	21g	52g
Crusty roll	1	25g	56g
Wholemeal roll	1	25g	50g
Burger roll	1	30g	49g
Large white bap	1	50g	52g
Large Bap wholemeal	1	48g	50g
English muffin	1	30g	43g
Crumpet	1	20g	44g
Croissant	1	22g	43g
Brioche	1 slice	20g	56g
Pain au chocolate	1	30g	46g
Pain au raisin	1	37g	39g
Belgian waffle	1	15g	53g
Danish pastry	1	45g	51g

	Serving Amount	Carbohydrate (g)	
		/serving	/100g
Plain Naan	1 medium (120g)	60g	50g
Poppadum	1 large (25g)	10g	42g
Chapatti	1 medium (60g)	26g	43g
White Pitta	mini	18g	50g
White Pitta	1	30g	50g
Wholemeal Pitta	1	28g	46g
Tortilla White	Medium	23g	58g
	Large	35g	58g
Tortilla Wholemeal	Medium	18g	46g
	large	28g	46g
Cakes			
Scone		45g	25g
Tea cake		60g	32g
Muffin		100g	40g
Choc mini muffin		28g	15g
Malt loaf		Slice	20g
Iced finger		40g	20g
Chocolate éclair		90g	25g
Profiteroles		6 (120g)	30g
Cream horn		60g	15g
Cheesecake		150g	40g
Meringue nest		1 (15g)	15g
Ring doughnut		65g	30g
Jam doughnut		70g	35g
Pancake		60g	15g
Scotch pancake		35g	15g
Sponge cake		Slice 75g	35g 47g
Fruit cake		Slice 60g	35g 58g
Carrot cake		Slice 75g	30g 40g
Swiss roll		Slice 35g	22g 63g
Cup cake		1 (40g)	15g
Chocolate mini roll		1 (29g)	15g
Gateau		Slice (75g)	21g 28g

Puddings	Serving Amount	Carbohydrate (g)	
		/serving	/100g
Bread & Butter pudding	medium (150g)	40g	27g
Sticky Toffee	medium (110g)	45g	41g
Banoffee Pie	medium (150g)	50g	33g
Apple Pie	slice (150g)	50g	33g
Mince Pie	1 (60g)	35g	
Bakewell tart	1 (45g)	20g	
Jam Tart	1 (35g)	21g	
Custard Tart	1 (95g)	25g	
Trifle	125g	24g	19g
Jelly	150g	27g	18g
Ice Cream vanilla	1 scoop (50g)	10g	20g
Choc ice	1	15g	
Cornetto	1	20g	
Magnum	1	27g	
Cornet & flake	125ml	30g	
Sorbet	1 scoop (50g)	15g	30g
Fruit lolly	80ml	18g	
Biscuits	Serving Amount	Carbohydrate (g)	
Savoury cracker	1	5g	
crispbread	1	5g	
Oatcake/ rice cake	1	5g	
Water biscuit large	1	5g	
Garibaldi	1	5g	
Ginger snap	1	5g	
Rich tea	1	5g	
Malted milk	1	5g	
Digestive	1	10g	
Custard cream	1	8g	
Bourbon	1	9g	
Chocolate fingers	3	10g	
Jammy dodger	1	13g	
Kitkat	2 finger	13g	
Penguin	1	16g	
Jaffa cake	1	8g	
Fig roll	1	15g	
Tracker (choc chip)	26g	15g	
Alpen bar	29g	22g	
Kellogs Nutri grain	37g	25g	
Nature Valley oat and honey	2 bars (42g)	27g	
Oat flapjack	60g	35g	

Breakfast cereals	Serving Amount	Carbohydrate (g)	
		/serving	/100g
Weetabix	1 bisc	12g	68g
Oatibix	1 bisc	15g	64g
Shredded wheat	1 bisc	15g	69g
All Bran	6 tbsp	20g	48g
Bran or oat flakes	7 tbsp	30g	67g
Cornflakes	6 tbsp	30g	84g
Crunchy Nut Cornflakes	6 tbsp	30g	82g
Frosties	6 tbsp	30g	87g
Fruit 'n Fibre	7 tbsp	30g	69g
Special K	6 tbsp	30g	75g
Sultana Bran	7 tbsp	30g	68g
Cheerios	8 tbsp	30g	75g
Coco Pops	7 tbsp	30g	85g
Puffed Wheat	8 tbsp	30g	72g
Rice Krispies	7 tbsp	30g	87g
Start	7 tbsp	30g	83g
Weetos	8 tbsp	30g	75g
Frosted or Coco Shreddies	5 tbsp	30g	77g
Raisin Wheats	15	30g	69g
Shredded Wheat Bitesize	15	30g	72g
Shreddies	5 tbsp	30g	74g
Oats rolled	4 tbsp	30g	60g
Oatso Simple Original	1 sachet & milk	25g	14g
Porridge with milk	225g	30g	14g
Fruit muesli	2 tbsp	20g	65g
Muesli no added sugar	2 tbsp	20g	65g
Nut muesli	2 tbsp	18g	61g

Fruit	Serving amount	Carbohydrate (g)	
		/serving	/100g
Apple	1	15g	12g
Stewed apple	140g	11g	8g
Pear	1	15g	9g
Plum	2	10g	8g
Orange	1	10g	6g
Satsuma	2	10g	6g
Grapefruit	½	5g	5g
Banana	1	20g	15g
Grapes	10	10g	15g
Mango	¼	10g	14g
Pineapple	2 slices	10g	10g
Paw paw	¼	10g	9g
Apricots	4	10g	7g
Nectarine	1	10g	8g
Peach	1	10g	7g
Tinned peaches in juice	100g	10g	10g
Tinned fruit cocktail	½ tin in juice (200g)	14g	7g
Fresh fruit salad	medium bowl (200g)	28g	14g
Kiwi	2	11g	9g
Watermelon	150g slice	10g	7g
Melon	150g slice	10g	6g
Strawberries	7	5g	6g
Raspberries	100g	5g	5g
Blackberries	100g	5g	5g
Blueberries	20	5g	10g
Cherries	10	10g	10g
Blackcurrants	100g	7g	7g
Dates	2	10g	65g
Dried Apricots	3	10g	37g
Figs	1	10g	49g
Prunes	2	10g	34g
Raisin/sultanas	15g	10g	70g

The weight listed for fruits may include peel or stones but the carbohydrate content listed is for edible fruit.

Most vegetables (except potatoes) have a low carbohydrate content and do not need to be counted.

Vegetables including pulses such as peas, beans and lentils with significant carbohydrate content are listed below. Pulses are slow releasing and people with type 1 diabetes who carbohydrate count and inject insulin to match their carbohydrate intake will learn from experience whether to take insulin for these or not.

Vegetables	Serving amount	Carbohydrate (g)	
		/serving	/100g
Potatoes boiled	1 (egg sized)	10g	17g
Potatoes mashed	1 scoop	10g	15g
Potatoes roast	1 small (40g)	10g	26g
Jacket potato	Small	25g	23g
	Medium	50g	23g
	Large	80g	23g
Sweet potato	medium	25g	20g
Chips	5	10g	30g
Oven chips baked	15-20	30g	30g
French fries	medium portion (150g)	50g	36g
Hash brown	1	10g	25g
Croquette	2	10g	25g
Potato smiles	2	10g	25g
Wedges	3-4	10g	25g
Waffle	1	15g	31g
Crisps	25g pack	15g	60g
Potato salad	75g	10g	13g
Carrots boiled	2	10g	5g
Parsnip baked	½	10g	21g
Beetroot boiled	2-3	10g	10g
Butternut squash	100g	8g	8g
Peas frozen/tinned	3 tbsp	10g	12g
Mushy peas	2 tbsp	10g	14g
Broad beans	3 tbsp	10g	12g
Baked beans	½ tin	28g	14g
Lentils	2 tbsp	10g	18g
Kidney beans	2 tbsp	10g	18g
Chickpeas	2 tbsp	10g	16g
Butter beans	3 tbsp	10g	13g
Houmous	2 tbsp	8g	13g
Sweetcorn tinned / frozen	2 tbsp	10g	26g
Sweetcorn cob	Medium	10g	12g

Dried Pasta	Serving amount	Carbohydrate (g)	
		/serving	/100g
Lasagne	1 sheet	10g	70g
Spaghetti White	50g	35g	70g
	100g	70g	70g
Spaghetti Wholewheat	75g	50g	66g
	100g	66g	66g
Macaroni	50g	38g	76g
Penne/ Fusilli	50g	35g	70g
	75g	53g	70g
	100g	70g	70g
Cooked pasta (boiled)			
Spaghetti White	200g	70g	35g
Spaghetti Wholewheat	200g	64g	32g
Macaroni	200g	75g	38g
Penne/ Fusilli	200g	70g	35g
Ravioli Tinned	200g	20g	10g
Lasagne	300g	40g	13g
Macaroni cheese	300g	54g	18g
Tortellini filled	150g	48g	32g
Noodles			
Egg noodles raw	63g	45g	72g
Egg noodles boiled	125g	45g	36g
Pot noodle	1 pot	65g	20g
Straight to wok noodles	150g	40g	28g

Rice	Serving amount	Carbohydrate (g)	
		/serving	/100g
All varieties raw	10g	10g	100g
	50g	50g	100g
All varieties cooked	30g	10g	30g
	150g	50g	30g
Pilau rice	200g	60g	30g
Risotto	350g	60g	17g
Polenta	125g	19g	15g
Couscous cooked	125g	38g	30g
Quinoa	60g raw	38g	63g
	125g cooked	38g	31g

When pasta/rice/noodles are boiled the volume and weight increases because they absorb water.

If working out the carbohydrate content of a pasta meal make sure to use the right carbohydrate value from the table or on food labels such as “dry weight” (raw) or “as served” (cooked) weight.

Meat / Fish Products	Serving	Carbohydrate (g)	
		/serving	/100g
Sausage	1 (55g)	5g	9g
Sausage roll	1 (60g)	16g	27g
Mini sausage roll	1 (20g)	5g	25g
Scotch egg	1 (120g)	16g	13g
Mini scotch egg	2 (60g each)	16g	13g
Pork pie	individual 140g	35g	24g
Steak & Kidney pie	individual 200g	46g	23g
Cornish pastie	1 medium 200g	49g	25g
Quiche	1/3 of 6" (120g)	26g	22g
Chicken goujons	3 (100g)	19g	19g
Chicken kiev	1 (130g)	16g	12g
Stuffing	2 balls (65g)	13g	20g
Yorkshire pudding	1 (40g)	10g	25g
Fish fingers grilled	3 fingers	9g	15g
Fish cake fried	1 (100g)	16g	16g
Fish in batter	Small (130g)	19g	15g
Scampi	5	15g	20g
sushi	4	32g	25g
Meat and fish do not contain carbohydrate unless they are coated in breadcrumbs/batter, wrapped in pastry or are processed with added cereal. Meat and fish products containing significant carbohydrate are listed above.			
Soups and sauces		/serving	/100ml
Tomato soup	200ml	10g	5g
Vegetable soup	200ml	15g	8g
Lentil soup	200ml	20g	10g
Chicken noodle soup	200ml	10g	5g
Gravy	100 ml	5g	5g
Ketchup	1 tbsp (15 ml)	5g	33g
Brown sauce	1 tbsp (15 ml)	5g	33g
White sauce	125 ml	15g	12g
Bread sauce	75 ml	10g	13g

Soups and sauces (continued)		/serving	/100ml
Pickle	1 tbsp (15 ml)	5g	33g
Chutney	1 tbsp (15 ml)	10g	67g
Horseradish	1 tbsp (15 ml)	3g	20g
Mint sauce	1 tbsp (15 ml)	4g	27g
Dairy	Serving	Carbohydrate (g)	
		/serving	/100g
Fresh milk (all kinds)	200ml	10g	5g
Soya milk	200ml	6g	3g
Dried skimmed	20g	11g	55g
Evaporated	150 ml	12g	8g
Condensed	50 ml	28g	56g
Full fat Natural yoghurt	125g	9g	7g
Fruit corner	1	18g	
0% fat yoghurt	150g	10g	8g
Low fat fruit yoghurt	125g	18g	14g
Yoghurt drink	75 ml	9g	12g
Plain Fromage frais	150g	6g	4g
Flavoured fromage frais	47g	5g	10g
Custard powder	15g	14g	92g
Custard	125g	21g	17g
Milk pudding	200g	28g	14g

Milk and many dairy products contain carbohydrate from milk sugar (lactose). Cheese and cream do not contain significant amounts of carbohydrate as the milk sugar is removed during their processing.

Drinks	Serving amount	Carbohydrate (g)	
		/serving	/100g
Horlicks instant	200 ml mug with water	22g	11g
Cadburys instant chocolate	200 ml mug with water	20g	10g
Low cal chocolate	200 ml mug with water	5g	3g
Cocoa powder	2 tsp	1g	11g
Milk	200ml	10g	5g
Cola	100 ml	11g	11g
Diet cola	100 ml	0g	0
Fanta orange	100 ml	5g	5g
Lemonade	330 ml	35g	11g
Sprite	330 ml	11g	3.3g
7 Up	330 ml	23g	7g
Slimline tonic	150 ml	0g	0
Tonic water	150 ml	8g	5g
Bitter Lemon	150 ml	12g	8g
Ginger Ale	150 ml	14g	9g
J20	275 ml	13g	5g
Appletise	275 ml	30g	11g
Fruit Smoothie	250 ml	35g	14g
Yoghurt Smoothie	250 ml	40g	16g
Orange squash	250 ml	12g	5g
Orange Hi juice squash	250 ml	20g	8g
Blackcurrant squash	250 ml	27g	11g
Red Bull	250 ml	28g	11g
Lucozade original	380ml	34g	9g
Lucozade sport	500ml	33g	7g

Carbohydrate in soft drinks can come from added sugar, fruit juice and sometimes yoghurt/milk. Diet or low calorie drinks sweetened with artificial sweeteners do not contain significant carbohydrate.

Alcoholic drinks	Serving amount	Carbohydrate (g)	
		/serving	/100g
Champagne / Sparkling wine	125 ml	trace	
Red, Rose, White wine	175 ml	Trace	
Dessert wine	125 ml	10g	
Low alcohol wine	175 ml	20g	
Mulled wine	175 ml	30g	
Beer / Lager	1 pint	10g	
Dry Cider	1 pint	15g	
Sweet Cider	1 pint	25g	
Vintage Cider	1 pint	40g	
Low alcohol beer	330 ml	20g	
Stout	1 pint	20g	
Gin, Whisky, Rum	25ml	0g	
Breezer	275 ml	25 – 35 g	
Cocktail	125ml – 200 ml	Up to 40g	
Sherry	50 ml	Trace	
Port	50 ml	5g	
Liqueur	50 ml	15g	
Pimms & Lemonade	250 ml	25g	
Fruit drinks			
Grapefruit juice	100 ml	4g	8g
Apple juice	100ml	11g	11
Orange juice	100ml	10g	10g
Tomato juice	250ml	10g	4g
Pineapple juice	100ml	12g	12g
Fruit smoothies	100ml	14g	14g
Cranberry juice (sweetened)	100ml	13g	13g

Alcoholic drinks contain carbohydrate so these are included in the tables. It is important to note that most people who inject insulin do not give insulin for the carbohydrate in alcoholic drinks due to the risk of hypoglycaemia

Hypoglycaemic Treatments	Serving Amount	Carbohydrate (g)	
Note: many drinks are reformulating to reduce sugar content. Always check carbohydrate content on labels as larger volumes may be required to provide the 10 to 15g carbohydrate required for hypo treatment			
		/serving	/100g
Glucose / sugar	10g	10g	100g
Glucose (dextrose) tabs	3	10g	100g
Glucogel	25g tube	10g	40g
Jelly Babies	5	15g	80g
Jelly Beans	10	15g	90g
Fruit Pastilles	4	10g	85g
Wine Gums	5	15g	75g
Lucozade original	110ml	10g	9g
Lucozade original	170ml	15g	9g
Lucozade sport	145ml	10g	7g
Lucozade sport	215ml	15g	7g
Cola (not diet)	100ml	11g	11g
Fruit Juice	100ml	10g	10g
<p>Hypoglycaemia, or hypo, is a blood glucose level less than 4mmol/l. Treat this straight away with 10 -15g of quick acting carbohydrate such as the foods and drinks listed above. Retest and if blood glucose is still less than 4mmol/l, take another 10-15g of carbohydrate. Do not take insulin for these treatments. When blood glucose is above 4mmol/l you may need to take some additional starchy carbohydrate food as a follow on treatment (examples listed below), if your next meal is not due.</p>			
Follow on treatment			
Biscuits	2 plain	15g	70g
Bread/toast	1 slice	15g	50g
Cereal & milk	Small bowl	20g	15g
Fruit	1 medium	20g	15g

Jams and spreads	Serving Amount	Carbohydrate(g)	
		/serving	/100g
Jam/ marmalade	2 tsp	10g	69g
Reduced sugar jam	2 tsp	8g	55g
Lemon curd	2 tsp	9g	63g
Golden syrup	2 tsp	12g	80g
Honey	2 tsp	13g	85g
Choc nut spread	2 tsp	9g	60g
<p>Butter and fat spreads (e.g. sunflower or olive spreads) do not contain carbohydrate. Yeast spreads (e.g. Marmite) and nut butters only contain a small amount of carbohydrate and do not need to be counted.</p>			
Sweets			
After Eight mints	1	6g	
Assortment toffee and choc	1	8g	
Boost bar	40g bar	23g	
Bounty bar	57g bar	33g	
Chocolate Buttons	Treat size 15g bag	8g	
Cadbury's Caramel bar	37g bar	23g	
Cadbury's Cream Egg	1 (40g)	29g	
Crunchie	40g bar	30g	
Dark or milk chocolate bar	3 squares	10g	
Dairy Milk (Cadbury's)	45g bar	25g	
Flake	26g bar	15g	
Fudge	1 x 12g square	10g	
Cadbury's Fudge Finger	26g bar	19g	
Double Decker	55g bar	39g	
Fry's Turkish Delight	51g bar	38g	
Galaxy	42g bar	24g	

Sweets continued	Serving Amount	Carbohydrate (g)	
		/serving	/100g
Green and Black's chocolate	mini bar (15g)	7g	
Kitkat	2 finger	13g	
Kitkat chunky	25g bar	20g	
Maltesers	37g bag	23g	
Mars bar treat size	18g bar	13g	
Mars bar	51g bar	35g	
Milky Way	22g bar	15g	
Minstrels	118g pouch	82g	
Munchies	52g tube	34g	
Peanut M& M's	140g bag	83g	
Rolo	52g tube	36g	
Snickers	42g bar	23g	
Toffee crisp	38g bar	24g	
Twix	23g bar	15g	
Yorkie	46g bar	28g	
Fruit pastilles	52g tube	43g	
Liquorice Allsorts	1	5g	
Marshmallows	1	6g	
Skittles	55g bag	50g	
Starburst	45g tube	38g	
Wine gums	52g	40g	
Polo mints	34g tube	33g	
Trebor extra strong mints	48g tube	47g	

Crisps / Nuts	Serving Amount	Carbohydrate (g)	
		Per serv	per 100g
Crisps	25g bag	15g	60g
Trebor extra strong mints	48g tube	47g	60g
Doritos	40g bag	23g	58g
Pringles	40g tube	21g	52g
Tortilla chips	50g	30g	60g
Pretzels	50g bag	39g	77g
Twiglets	25g bag	15g	58g
Bombay Mix	25g	9g	35g
Popcorn plain	2 handful	10g	50g
Popcorn salted	100g	48g	48g
Popcorn sweet	100g	55g	55g
Peanuts	50g	5g	10g
Cashew nuts	50g	10g	20g
Dried fruit and nuts	25g	10g	40g
Dried fruit, nuts & seeds	25g	10g	40g
Seeds	25g	Trace	Trace
Raisins	14g box	10g	69g
Olives	3	trace	trace

Take aways	Serving	Carbohydrate (g)
Mc Donalds		
Hamburger	1	30g
Big Mac	1	41g
¼ pounder with cheese	1	37g
Chicken McNuggets	4	13g
French fries	Small	30g
	Medium	42g
	Large	60g
Chicken sandwich	1	56g
Apple pie	1	29g
McFlurry ice cream	1	52g
Double choc muffin	1	57g
Milk shake	Small	35g
	Medium	70g
	large	90g
KFC		
Chicken	3 pieces	23g
Fries	Regular	36g
Burger King		
Chicken Nuggets	4	13g
Chicken Wrap	1	35g
Whopper	1	51g
Veggie Burger	1	83g
French Fries	Small	26g
	Medium	39g
	Large	50g
Pizza Hut		
Pan Pizza	1 slice	21g
thin Italian	1 slice	25g
Stuffed Crust	1 slice	34g
Garlic Bread	1 thin	12g

Take aways	Serving	Carbohydrate (g)
Indian		
Poppadom	1 large	5g
Samosa	1 60g	10g
Onion Bhaji	1 65g	15g
Naan	Large	70g
Boiled Rice	300g	90g
Pilau Rice	200g	60g
Chana Dahl	150g	20g
Tikka Masala	400g	10g
Vindaloo	400g	10g
Biriani & rice	600g	100g
Chinese		
Prawn Crackers	5 large	10g
Spring Roll	1	10g
Egg Fried Rice	300g	90g
Boiled Rice	300g	90g
Chow Mein	400g	60g
Dim Sum	6	30g
Sushi	4	32g
Fish Shop		
Battered cod	Med/large	20/25g
Scampi	10	30g
Chips	Small	40g
	Medium	80g
	Large	120g
Mexican		
Taco shell	1	10g
Chilli con carne		15g
Tortilla	Med	25g
Refried beans	2 tbsp	10g
Donor kebab	standard	30g