

# Carbohydrate Serves/Exchanges

The amount of carbohydrate recommended will vary from person to person, depending on their weight, height, age and activity levels. Aim to speak to a dietitian about how much is appropriate for your individual needs.

The carbohydrate foods underlined are better choices as they are slowly digested and give a smaller rise in blood glucose. Aim to include at least one of these foods at each meal.

Each carbohydrate **serve/exchange** below contains approximately **15g** of carbohydrate.

Aim for:      Breakfast:                    \_\_\_\_\_ serves  
                   Morning Tea:                    \_\_\_\_\_ serves  
                   Lunch:                                \_\_\_\_\_ serves  
                   Afternoon Tea:                \_\_\_\_\_ serves  
                   Dinner:                                \_\_\_\_\_ serves  
                   Supper:                                \_\_\_\_\_ serves

## Breads and Cereals (1 serve/exchange)

¾ cup	cooked porridge (in water)	
⅓ cup	<u>traditional raw rolled oats</u>	
⅓ cup (30g)	<u>All-Bran</u>	
½ cup (30g)	<u>Guardian</u>	
2 tablespoons	raw <u>oat bran</u>	
¼ cup (30g)	<u>natural muesli (untoasted)</u>	
1½ biscuits	Vita Brits / Weet-Bix	
⅓ cup	cooked couscous/ cooked <u>quinoa</u>	
⅓ cup	cooked <u>pasta</u> or <u>spaghetti</u>	
½ cup	cooked noodles (rice, egg, Hokkien)	
⅓ cup	tinned spaghetti	
¼ cup	cooked long grain rice e.g. <u>Doongara Clever Rice</u> , Basmati	
1 slice	bread e.g. <u>wholegrain</u>	
½ roll	bread roll e.g. <u>wholegrain</u>	
3	Rice Thins, Corn Thins or Cruskits	
1 ½	Salada biscuits or thick rice cakes	
2	Ryvita	
4	Premium biscuits	
4	Vita-Weat	
11	rice crackers e.g. Trident, Sakata, Fantastic	
½ round (regular 67g)	wholemeal pita bread	
1	crumpet (round)	
½	English muffin	





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## Starchy Vegetables, Legumes (1 serve/exchange)

½ cup	cooked <u>legumes</u> , e.g. baked beans, chick peas, lentils	
90g	baked sweet potato	
1 medium (120g)	<u>corn cob</u>	
½ cup	<u>sweet corn kernels</u>	
1 small (100g)	baked potato	
½ cup	mashed potato	

## Milk products (1 serve/exchange)

These foods are high in calcium



1 cup (250ml)	<u>milk - fresh or long life (full cream or reduced fat)</u>
300ml	<u>soy milk (light and regular)</u>
200ml	<u>flavoured soy milk</u>
150ml	unsweetened Rice or Oat milk (choose calcium fortified varieties)
up to 1L is free	<u>unsweetened Almond milk</u> (choose calcium fortified varieties)
125ml	<u>evaporated reduced fat milk</u>
200g	<u>low fat, diet or natural yoghurt</u>
100g	<u>low fat flavoured / fruit yoghurt</u>
½ cup	<u>low fat custard</u>
300ml	<u>reduced fat artificially sweetened flavoured milk</u> (eg Feel Good)
200ml	<u>reduced fat (light) flavoured milk</u>
1 regular scoop	<u>plain vanilla ice cream</u>
3-4 regular scoops	<u>no added sugar light vanilla ice cream</u> (eg Peters No Added Sugar vanilla)



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## Fruit (1 serve/exchange)

1 medium (150g)	<u>apple</u>
1 large (180g)	<u>peach</u>
1 large (200g)	<u>pear</u>
1 large (300g with skin)	<u>orange</u>
2-3 medium	<u>plums</u>
6 medium (40g each)	fresh <u>apricots</u>
2 medium (120g each)	<u>mandarins</u>
2 medium (100g each)	<u>nectarines</u>
20 medium	<u>grapes</u>
25-30 medium	cherries
2 medium (100g each)	<u>kiwi fruit</u>
1 small (130g with skin)	<u>banana</u>
1 small (200g)	<u>mango</u>
2 slices/rings (180g)	pineapple
1 ½ cups diced	rockmelon/honeydew/watermelon
4 medium (50g each)	fresh figs
1 cup	<u>blackberries, blueberries</u>
2 ½ cups	<u>mulberries, raspberries, strawberries</u>
1½ tablespoons	sultanas, raisins or currants
8 rings	<u>dried apple</u>
6 medium	<u>dried apricot halves</u>
5	pitted dried prunes
2 medium	dried figs
1 cup	<u>fresh fruit salad</u>
½ cup	<u>stewed/canned fruit in natural juice, drained</u>
1 small glass (150ml-200ml)	<u>unsweetened fruit juice</u>



References: [www.calorieking.com.au](http://www.calorieking.com.au)



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For more information

Fact Sheet - Central Adelaide Local Health Network  
Diabetes Education Service

# Carbohydrate Serves/Exchanges

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**The Queen Elizabeth Hospital**

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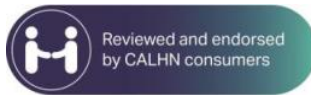
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Revised: September 2022

Version: 3



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