

Fact Sheet

Central Adelaide Local Health Network

Diabetes Education Service

Carbohydrate serves/exchanges

The amount of carbohydrate foods recommended will vary from person to person; depending on their weight, height, age and activity levels. Everyone with diabetes should speak to a dietitian about how much is appropriate for them.

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 **15g** of carbohydrate.

Aim for: _____ serves at meals (breakfast, lunch, dinner)
_____ serves at snacks (morning tea, afternoon tea, supper).

Breads & cereals (1 serve/exchange)

- ½ cup cooked barley, bulgur (cracked wheat)
- ¾ cup cooked porridge (in water) or ¼ cup raw rolled oats
- ½ cup All-Bran
- ½ cup Guardian
- ¼ cup raw oat bran
- ¼ cup natural muesli
- 1½ Vita Brits / Weet-Bix
- ⅓ cup cooked couscous
- ⅓ cup cooked quinoa
- ¼ cup cooked polenta
- ⅓ cup cooked pasta or spaghetti or
- ½ cup cooked noodles (rice, egg, stir-fry)
- ½ cup tinned spaghetti
- ⅓ cup cooked long grain rice – eg Doongara Clever Rice, Mahatma or Basmati
- 1 slice bread – e.g. wholegrain
- ½ bread roll – e.g. wholegrain
- 3 thin rice cakes, or 2 Ryvita, or 3 Cruskits, or
- 1½ Salada, or 3 Premium biscuits, or 4 Vita-Weat
- 10 rice crackers (e.g. Trident, Sakata, Fantastic)
- ½ round, 35g (regular) wholemeal pita bread
- 1 crumpet (round)
- ½ English muffin
- 1½ tablespoons white flour



Starchy vegetables/legumes (1 serve/exchange)

- ½ cup cooked legumes – e.g. baked beans
- Small (100g) baked sweet potato
- 1 medium cob (100g) or 1 cup sweet corn kernels
- 1 small potato or ½ cup mashed potato



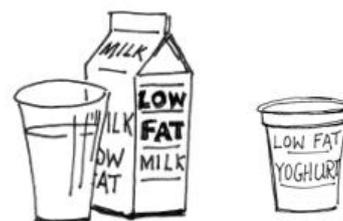
Fruit (1 serve/exchange)

1 medium apple, pear
1 large peach, orange
2 medium plums
6 medium fresh apricots
2 medium mandarins/nectarines
20 medium grapes
25 medium cherries
 $\frac{1}{2}$ cup stewed/canned fruit in natural juice, drained
2 medium kiwi fruit
1 small banana
1 small (150g) mango
2 slices/rings pineapple
 $1\frac{1}{2}$ cups diced rockmelon/honeydew/watermelon
 $1\frac{1}{2}$ tablespoons sultanas, raisins or currants
8 dried apple rings or 6 medium dried apricot halves
3-4 medium dates or prunes
1 small glass (150ml) unsweetened fruit juice
1 cup blackberries, blueberries
mulberries, raspberries, strawberries up to $\frac{1}{2}$ cup free
1 large grapefruit
4 medium fresh figs



Milk products (1 serve/exchange) These foods are high in calcium:

250ml low fat milk fresh, long life, soy milk
200ml flavoured soy milk
125ml evaporated reduced fat milk
200g low fat, diet or natural yoghurt
100g low fat flavoured / fruit yoghurt
 $\frac{1}{2}$ cup low fat custard
100g Fruche
250ml reduced fat artificially sweetened flavoured milk (e.g. Feel Good)
200ml reduced fat (light) flavoured milk
1 regular scoop plain vanilla ice cream
3 scoops artificially sweetened light vanilla ice cream



References:

Allan Borushek's *Calorie, Fat & Carbohydrate Counter, 2016*
Women's & Children's Hospital *Carbohydrate Exchange List 2012*

Acknowledgements: CALHN, NALHN, SALHN Dietitians.

The information contained within this publication does not constitute medical advice, and is for general information only. Readers should always seek independent, professional advice where appropriate.

For more information

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