



DAFNE

Carbohydrate Portion List

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Introduction

This list will help you to work out the carbohydrate value of foods you like to eat so you can match this with the correct quick acting (QA) insulin dose.

Remember it is not only the food you eat at mealtimes that contains carbohydrate. Some snack foods and drinks also require insulin. All these carbohydrate containing foods and drinks need to be noted in your diary.

10g Carbohydrate = 1 CP

One cup as described in this list refers to a standard metric 250ml cup.

Conversion Chart

Weights and Measures

Imperial

Metric

½ oz

10g

1 oz

25g

2 oz

50g

3 oz

75g

4 oz

110g

5 oz

150g

6 oz

175g

7 oz

200g

8 oz (½ lb)

225g

12 oz (¾ lb)

350g

16 oz (1 lb)

450g

1 teaspoon (tspn)	5ml
1 tablespoon (tbsp)	15ml 150ml
5 fl oz ($\frac{1}{4}$ pint)	275ml
10 fl oz ($\frac{1}{2}$ pint)	425ml
15 fl oz ($\frac{3}{4}$ pint)	575ml
20 fl oz (1 pint)	

1 cup = 250ml standard metric cup

Food Groups

Alcohol	Portion Size	Weight	CP
Alcopops	1 bottle	275ml	2
Baileys	1 measure	50ml	1
Beer/lager	1 pint		1
Bitter	1 pint		1
Cider (dry)	½ pint		½
Cider (sweet)	½ pint		1
Liqueurs	1 measure	25ml	½
Port	1 measure	50ml	½
Sherry (sweet)	1 measure	50ml	½
Strong ale	1 pint		3 ¹ / ₂
Vermouth (sweet)	1 measure	50ml	½

Biscuits, Crackers and Savoury Snacks	Portion Size	Weight	CP
Bourbon cream	1	12g	1
Caramel wafer (Tunnocks)	1	30g	2
Chocolate digestive	1	18g	1
Cream crackers	2	14g	1
Custard cream	1	11g	1
Digestive	1	13g	1
Flapjack	1 large	90g	5½
Fig Roll	1	12g	1
Frusli bar	1	30g	2
Ginger snap	1	10g	1
HobNob	1	13g	1
Jaffa cake	1	10g	1
Kit Kat	2 fingers	22g	1½
Malted milk	2	18g	1

Biscuits, Crackers and Savoury Snacks	Portion Size	Weight	CP
Nutrigrain bar	1	37g	2½
Oatcake	1	12g	1
Penguin	1	25g	1½
Rich tea	2	12g	1
Ritz (plain)	5	15g	1
Ryvita	1	9g	½
Shortbread finger	1	18g	1
Snowball (Tunnocks)	1	30g	1½
Tracker bar	1	26g	1½
TUC (original)	4	15g	1
Wagon wheel	1	38g	2½

Bread	Portion Size	Weight	CP
Bagel	1	70g	4
Bread		100g	4½
Bread roll	1 small	32g	1½
Bread roll	1 large	72g	3½
Ciabatta	2" slice	40g	2
Ciabatta	¼ loaf	90g	4½
Croissant	1	60g	2½
Crumpet	1	40g	2
English muffin	1 toasted	70g	2½
Finger roll	1 large	60g	3
French stick	2" slice	40g	2
Fruit bread	1 slice	42g	2
Gluten free bread	1 small slice	28g	1- 1 ½
Naan bread	1 small	60g	3
Naan bread	1 large	180g	9

Bread	Portion Size	Weight	CP
Peshwari naan	1	160g	7
Pitta bread	1 medium	60g	3 ¹ / ₂
Pumpernickel	1 slice	54g	2 ¹ / ₂
Rye bread	1 thin slice	25g	1
Sliced bread – small loaf	1 slice	25g	1
Sliced bread – medium sliced	1 slice	36g	1 ¹ / ₂
Sliced bread – thick sliced	1 slice	44g	2
Soda farls	1 4cm deep, 9cm wide	142g	6
Stottie (9")	1/4	60g	3

Cakes	Portion Size	Weight	CP
Banana loaf	1 slice	85g	4½
'Birthday' cake - iced	1 slice	50g	3½
Carrot cake	1 slice	100g	5½
Cheese cake (shop bought)	1 slice	110g	3½
Chelsea bun	1	80g	4 ¹ / ₂
Chocolate Eclair (fresh)	1	90g	2
Chocolate Éclair (frozen)	1	35g	1

Cakes	Portion Size	Weight	CP
Chocolate fudge cake	1 slice	100g	5
Chocolate mini roll	1	28g	1½
Crispie cake	1 slice	31g	2
Currant bun	1	60g	3
Danish pastry	1 medium	110g	5½
Doughnut (jam)	1	75g	3½
Doughnut (ring)	1	60g	3
Eccles cake	1	45g	2½
Fruit cake (with icing)	1 slice	70g	4½
Fruit pie	1 individual	55g	3
Hot cross bun	1	70g	4
Jam tart	1 individual	35g	2

Cakes	Portion Size	Weight	CP
Lemon meringue pie	¼ pie	110g	5
Madeira cake	1 slice	40g	2 ¹ / ₂
Mr Kipling (Cherry Bakewell)	1 individual	47g	3
Muffin – choc chip	1	110g	6
Malt loaf – fruit	1 slice	35g	2
Scone	1 medium	45g	2 ¹ / ₂
Scotch pancake	1	30g	1 ¹ / ₂
Teacake (toasted)	1	55g	3
Vanilla slice	1	100g	4 ¹ / ₂

Cereals	Portion Size	Weight	CP
Allbran	4 tbsp/ ¾ cup	40g	2
Branflakes	5 tbsp/ ¾ cup	30g	2
Cheerios	6 tbsp/ 1 cup	30g	2½
Cornflakes	5 tbsp/ 1 cup	30g	2½
Country Crisp (Strawberry)	4 tbsp/ ½ cup	50g	3½
Crunchy Nut Cornflakes	5 tbsp/ 1 cup	40g	3½
Frosties	7 tbsp/ 1 cup	30g	3
Fruit and Fibre	5 tbsp/ 1 cup	40g	3
Muesli (no added sugar)	4 tbsp/ ½ cup	50g	3½

Cereals	Portion Size	Weight	CP
Oatso Simple – (made with milk)	1 sachet	30g	2½
Porridge oats (Oatmeal)	4 tbsp/ ½ cup	50g	3½
Rice Krispies	7 tbsp/ 1 cup	30g	3
Shreddies	3 tbsp/ ½ cup	30g	2½
Shredded Wheat	1	22g	1½
Special K	5 tbsp/ 1 cup	35g	3
Weetabix	2	25g	2½
Weetabix Bitesize		40g	2½

Fast Food	Portion Size	Weight	CP
Apple pie	1		3
BBQ/Sweet 'n'	1 pot		1
Sour dip			
Big Mac	1		4
Cheeseburger	1		3
Chicken	9		3
Nuggets			

Fast Food	Portion Size	Weight	CP
Bacon and Egg McMuffin	1		2½
French fries	Regular		3
French fries	Medium		4
French fries	Large		6
Ice cream (Dairy Milk McFlurry)	1		5
Milkshake	Small		3½
Milkshake	Regular		7
Milkshake	Large		9
Fruit	Portion Size	Weight	CP
Apple	1 medium	100g	1
Apricots	3 raw	120g	1
Apricots (semi dried)	4	30g	1
Banana	1 medium	100g	2

Dates (Halawi)	1	10g	1½
Dates (Medjool)	1	21g	1½
Fruit cocktail (in juice)	½ tin drained	125g	1
Fruit cocktail (in syrup)	½ tin drained	125g	2
Fruit	Portion Size	Weight	CP
Grapes	1 small bunch	100g	1½
Kiwi	1	60g	½
Mango (without stone)	1 medium	150g	2
Mango	1 slice	40g	½
Melon	1 slice	200g	1
Nectarine/peach	1	100g	1
Orange	1 medium	160g	1½
Pear	1 small	100g	1
Pear	1 medium	170g	1½
Pineapple	1 slice	40g	½

(tinned)			
Plums (without stone)	2 medium	110g	1
Raspberries	30	100g	1½
Satsuma	2	170g	1
(weighed with skin)			
Strawberries	5 medium	100g	½

Home Baking	Portion Size	Weight	CP
Condensed milk	1 tin	400g	24
Cornflour	1 heaped tbsp	30g	3
Custard powder	1 heaped tbsp	30g	3
Dried fruit		25g	1½
Flour		25g	2
Flour - Soya		25g	½

Glace cherries		25g	1½
Oats		25g	1½
Pastry – Filo uncooked		100g	5
Pastry – Puff uncooked		100g	3½
Pastry – Shortcrust uncooked		100g	4½
Syrup/Honey		25g	2
Sugar		25g	2½

Hypo Treatments	Portion Size	Weight	CP
Cola	1 mini can	150ml	1½
Dextrose tablets	5	15g	1½
Fruit juice	1 glass	160ml	1½
Irn Bru		150ml	1½

Jelly babies	3	18g	1½
Lemonade		300ml	1½
Lucozade		100ml	1½
Ice cream	Portion Size	Weight	CP
Choc ice	1	50g	1
Cornetto	1		2
Fruit lolly	1	80ml	1½
Ice cream	1 scoop	60g	1
Ice cream		100g	2
Magnum	1	110ml	2½
Mars Bar ice cream	1	51ml	1½
Solero	1	225g	2
Sorbet	1	100g	2½
Vienetta	1/6 cake	100ml	1
Indo Asian	Portion Size	Weight	CP
Bhajia (battered)	3	145g	3
Burfi	2 squares	100g	4

Cassava		100g	4
Chapatti – (Bengali)	1 large	150g	8
Chapatti (Gujarati)	1small	30g	1½
Chapatti – (Punjabi/Urdu)	1 large	75g	4
Chickpea and potato curry		200g	2½
Coconut (desiccated)		100g	½
Coconut milk		100g	½
Cornmeal		100g	8
Dhokra		100g	2½
Dry gari		110g	10
Fufu flour		110g	10
Ganthia		100g	2½
Gulabjaman (in syrup)	3 pieces	70g	3½
Jellabi	2 pieces	70g	3

Kenkey	1 small ball	300g	8
Khadi imaili		100g	½
Khadi punj		100g	½
Kheer (Pakistani)		200g	6
Khitcherie		250g	3
Mango lassi		300ml	3
Paratha	1	125g	5½
Pilau – meat (Pakistani)		300g	6
Pilau - meat (Punjabi)		300g	8½
Pilau – vegetable (Pakistani)		250g	9
Pilau – vegetable (Punjabi)		250g	6
Polenta – ready made		100g	1½

Potato curry (Gujarati)	1	200g	4
Puri			1½
Rice flour	1 serving	100g	7½
Rose syrup		27ml	2
Roti (Pakistani)		35g	2
Rus-mango pulp		150g	4½

Indo Asian	Portion Size	Weight	CP
Samosa –meat (thin pastry)	2	70g	1½
Samosa - vegetable	1 large	63g	1½
Semolina (uncooked)	1	120g	9
Springhopper			1½
Thelpa		80g	4

Vegetable curry		200g	1½
Yam – (boiled)		100g	3
Yam flour		100g	7½
Main meal others	Portion Size	Weight	CP
Baked beans	1 small tin	200g	1*
*This allows for the low GI value of beans			
Black Pudding	1 slice	40g	½
Dumplings	1	70g	1½
Fish cakes	2	84g	1½
Garlic bread	1" slice	20g	1
Haggis		200g	3
Sausage	1 thick	40g	½
Sausage – lorne	1 slice	60g	1
Scampi - breadcrumbs	8 pieces	150g	2½
Scotch egg	1	120g	1½
Stovies		350g	4
Stuffing (Paxo)	1 serving	50g	1
Taco shells	2	28g	1½

Tortillas (8")	1	67g	3
White pudding	1 slice	40g	1½

Main meal others	Portion Size	Weight	CP
Yorkshire pudding	1 individual	18g	½
Yorkshire pudding	1 giant	115g	2½
Milk and Dairy	Portion Size	Weight	CP
Milk	1 glass	200ml ⅓ pint	1
Milk	Average on cereal	100ml	½
Milk – Soya unsweetened	1 glass	200ml	½
Milkshake (Nesquick)	1 glass	200ml	2½

Muller Crunch Corner	1 individual	150g	3
Muller Fruit Corner	1 individual	175g	2½
Muller Light	1 pot	190g	1½
Muller Rice - Original	1 pot	190g	3
Nurishment - original	1 can	420g	6
Nurishment - extra	1 bottle	310ml	5

Milk and Dairy	Portion Size	Weight	CP
Yogurt - low fat fruit	1 pot	150g	2
Yogurt - low fat natural	1 pot	150g	1

Yogurt - low fat, low sugar	1 pot	150g	1
Yoghurt- Soya sweetened	1 pot	125g	1½
Pasta and Rice	Portion Size	Weight	CP
Cannelloni - dried (uncooked)	1 tube	12g	1
Cous cous - (uncooked)		100g	7
Gluten free pasta- (uncooked)		100g	7
Lasagne sheet – dried (uncooked)	1	14g	1
Lasagne (pre prepared)	1 individual	300g	4½

Macaroni cheese	1 small tin	200g	2
Noodles - dried (uncooked)	1 packet	100g	7
Pasta – (cooked)	1 tbspn	30g	1
Pasta (cooked)	1 cup	100g	3
Pot Noodle	1 pot	90g	5½
Ravioli	1 small tin	200g	2½
Rice – (cooked)	1 rounded tbsp	30g	1
Rice – (cooked)	$\frac{2}{3}$ cup	100g	3
Rice – (uncooked)		100g	8½

Pasta and Rice	Portion Size	Weight	CP
Rice - instant/ pre cooked	1 packet	250g	7
Spaghetti	1 small tin	200g	2½
Tortellini (fresh)	½ packet	125g	3

Pies, Pastries and Pizza	Portion Size	Weight	CP
Crispy pancake	1	60g	1½
Cornish pasty	1 medium	155g	4
Cornish pasty	1 large	260g	6½
Fish fingers	3	60g	1
Pork pie	1 individual	140g	3½
Pork pie	1 mini	50g	1
Pizza - deep pan	7"	230g	8

Pizza - deep pan	9"	410g	14 ^{1/2}
Pizza - deep pan	12"	700g	24 ^{1/2}
Pizza - thin crust	7"	120g	4
Pizza - thin crust	9"	260g	9
Pizza - thin crust	12"	560g	19
Quiche - thick pastry	1 slice (2" wide)	140g	2 ^{1/2}
Sausage roll	3 cocktail	42g	1
Sausage roll	1 medium	60g	1 ^{1/2}
Scotch pie	1	140g	3 ^{1/2}
Spring roll - thin	3" long	50g	1
Steak and kidney pie	1 individual	160g	4

Potato	Portion Size	Weight	CP
Boiled potato	1 egg sized	60g	1
Boiled potato		100g	1½
Chips	3-4 medium cut	35g	1
Chips		100g	3
Croquettes	1	90g	2
Cassava – raw		100g	3
Fries	average portion	110g	3½
Jacket potato (with skin oven baked) *	1 small	100g	3
Jacket potato (with skin oven baked) *	1 medium	180g	5½
Jacket potato (with skin oven baked) *	1 large	330g	10

* The CP value of jacket potatoes will vary greatly depending on cooking method. The above values are an average guide based on oven baked potatoes.

Potato	Portion Size	Weight	CP
Mashed potato	1 scoop	60g	1
Mashed potato		100g	1½
Microchips	1 box	100g	3
Plantain (boiled)		100g	3
Plantain (fried)		100g	5
Potato farl	1 9cm sq	60g	2
Potato cakes/ tattie scones	1	45g	2
Potato (raw)		100g	1½
Potato waffle	1	60g	2
Potato wedges	2 large	30g	1
Roast potato	1 small	50g	1½
Roast potato		100g	2½
Sweet potato (raw)		100g	2
Yam (raw)		100g	3

Preserves	Portion Size	Weight	CP
Jam/Honey	1 heaped tspn	20g	1 ¹ / ₂
Chocolate spread	1 heaped tspn	20g	1
Mango chutney	1 heaped tspn	20g	1
Sugar	1 level tspn	5g	½
Puddings	Portion Size	Weight	CP
Angel Delight	¼ packet	100g	1 ½
Bannoffee pie	1 slice	150g	5
Christmas pudding	1 individual	100g	5 ½
Crepes	1	40g	1 ¹ / ₂
Custard – instant	¼ packet	140g	2 ¹ / ₂
Custard –		¼ pint/	2 ¹ / ₂

homemade		140 ml	
Custard - tinned	½ large tin	215g	3½
Meringue nest	1 small	13g	1
Milk pudding	½ large tin	200g	4
Mousse	1 pot	110g	2
Muller Rice - original	1 pot	190g	3
Pancake	1 18cm	57g	2

Puddings	Portion Size	Weight	CP
Rhubarb crumble	1 small portion	100g	3½
Sponge pudding	1 individual	130g	6
Sponge pudding (tinned)	¼ tin	75g	3½

Sticky Toffee Pudding (shop bought)	1	110g	5½
Tiramisu	1	200g	6½
Toffee pecan tart	1/6 tart	65g	2½
Trifle	1 individual	150g	3
Snacks	Portion Size	Weight	CP
Bombay mix		100g	3½
Bombay mix	1 small handful	25g	1
Crisps	1 packet	35g	1½
Crisps – thick cut	1 packet	50g	2½
Doritos	1 packet	33g	2
Popcorn – savoury	1/3 family bag	100g	5
Popcorn –	1 cup = 2	20g	1

savoury Popcorn – toffee	handfuls $\frac{1}{3}$ family bag	100g	8
Pringles	12 crisps	25g	1

Snacks	Portion Size	Weight	CP
Quavers	1 packet	17g	1
Rice cakes	1 large		$\frac{1}{2}$
Snack-a-Jacks (savoury)	1 individual packet	35g	$2\frac{1}{2}$
Snack-a-Jacks (sweet)	1 cake	13g	1
Soft Drinks	Portion Size	Weight	CP
Cadbury's Highlights	1 sachet	11g	$\frac{1}{2}$
Cadbury's Instant Hot	1 sachet	28g	2

Chocolate			
Cappuccino	small		½
Cappuccino	medium		1
Cappuccino	large		1
Drinking chocolate	3 heaped tspn	18g	1½
Horlicks Instant	1 sachet	32g	2½
Latte	small		1
Latte	medium		1
Latte	large		1½
Malted milk drink	For 1 mug	20g	1½
Orange juice	1 glass	160ml	1½
Supermalt	1 can	330ml	5

Soups and Sauces	Portion Size	Weight	CP
Cup-a-soup (with croutons)	1 sachet	25g	1½
Curry sauce (Korma)	¼ large jar	125g	1½
Soup – tomato	½ large tin	200g	1
Soup – vegetable	½ large tin	200g	1*
*This allows for the low GI value of the ingredients			
Soup – pasta/ potato	½ large tin	200g	1
Sweet and sour sauce	⅓ large jar	170g	3½
Sweets	Portion Size	Weight	CP
Bounty Bar	1 (2 small	57g	3½

	bars)		
Chocolate bar - Milk	1	50g	2½
Chocolate bar - Plain	1	100g	6
Chocolates – Filled (Quality Street)	1	13g	½
Crème Egg	1	42g	3
Crunchie	1	40g	3
Flake	1	34g	2

Sweets	Portion Size	Weight	CP
Jelly beans	1 packet	45g	3½
Jelly sweets (large/1" long)	10	80g	6½
Maltesers	Std packet	37g	2½
Maltesers	Fun-size	21g	1½

Mars Bar	Std bar	58g	4
Marshmallows (pink and white)	2	10g	1
Minstrels	1 packet	45g	3 ¹ / ₂
M&Ms (peanut)	1 packet	45g	2 ¹ / ₂
M&Ms (regular)	1 packet	45g	3
Polo Mints	7	10g	1
Skittles	1 packet	45g	2 ¹ / ₂
Snickers	Std bar	61g	3 ¹ / ₂
Starburst	Std tube	45g	4
Twix	2 fingers	58g	4

Takeaways	Portion Size	Weight	CP
Bhaji	3	145g	3
Chips	1 medium portion	240g	7 ¹ / ₂
Chow Mein	1 small portion	350g	4 ¹ / ₂
Fish in batter	1 medium	180g	2
Naan bread	½ large	100g	5
Poppadoms	3 large		1
Rice – boiled	1 tray	300g	9
Rice – fried/pilau	1 tray	300g	7 ¹ / ₂
Sweet 'n' sour (battered)	1 portion	300g	6

Alphabetical Listings

A	Portion Size	Weight	CP
Alcopops	1 bottle	275ml	2
Allbran	4 tbsp/ ¾ cup	40g	2
Angel Delight	¼ packet		1½
Apple	1 medium	100g	1
Apple pie	1		3
Apricots	3 raw	120g	1
Apricots (semi dried)	4	30g	1
B	Portion Size	Weight	CP
Bacon and Egg McMuffin	1		2½
Bagel	1	70g	4
Baileys	1 measure	50ml	1
Baked beans	1 small tin	200g	1*
* This allows for the low GI value of beans			
Banana	1 medium	100g	2

Banana loaf	1 slice	85g	4½
Bannoffee Pie	1 slice	150g	5
BBQ sauce/ Sweet 'n' Sour sauce	1 pot		1
Beer/lager		1 pint	1
Bhajia (battered)	3	145g	3
B	Portion Size	Weight	CP
Big Mac	1		4
'Birthday' cake - Iced	1 slice	50g	3½
Bitter	1 pint		1
Black Pudding	1 slice	40g	½
Bombay mix	1 small handful	25g	1
Bombay mix		100g	3½
Bounty Bar	1 (2 small bars)	57g	3½
Bourbon cream	1	12g	1

Branflakes	5 tbsp/ ¾ cup	30g	2
Bread		100g	4½
Bread roll	1 small	32g	1½
Bread roll	1 large	72g	3½
Bread – small sliced loaf	1 slice	25g	1
Bread – medium sliced	1 slice	36g	1½
Bread – thick sliced	1 slice	44g	2
Burfi	2 squares	100g	4

C	Portion Size	Weight	CP
Cadbury's Highlights	1 sachet	11g	½
Cadbury's Instant Hot Chocolate	1 sachet	28g	2

Cannelloni – dried (uncooked)	1 tube	12g	1
Cappuccino	small		½
Cappuccino	medium		1
Cappuccino	large		1
Caramel Wafer	1	30g	2
Carrot Cake	1 slice	100g	5½
Cassava		100g	4
Chapatti – (Bengali)	1 large	150g	8
Chapatti – (Gujarati)	1 small	30g	1½
Chapatti – (Punjabi/Urdu)	1 large	75g	4
Cheerios	6 tbsp/ 1 cup	30g	2½
Cheese cake (shop bought)	1 slice	110g	3½
Cheeseburger	1		3

Chelsea bun	1	80g	4½
Chicken	9		3
Nuggets			
Chickpea and potato curry		200g	2½
Chips	3-4 medium cut	35g	1
C	Portion Size	Weight	CP
Chips		100g	3
Chips	1 medium portion	240g	7½
Choc Ice	1	50g	1
Chocolate bar - Milk	1	50g	2½
Chocolate bar - Plain	1	100g	6
Chocolate digestive	1	18g	1

Chocolate Éclair (fresh)	1	90g	2
Chocolate Éclair (frozen)	1	35g	1
Chocolate Fudge Cake	1 slice	100g	5
Chocolate Mini Roll	1	28g	1½
Chocolate spread	1 heaped teaspoon	20g	1
Chocolates – Filled (Quality Street)	1	13g	½
Chow Mein	1 small portion	350g	4½
Christmas pudding	1 individual	100g	5½
Ciabatta	2" slice	40g	2

C	Portion Size	Weight	CP
Ciabatta	¼ loaf	90g	4½
Cider (dry)	½ pint		½
Cider (sweet)	½ pint		1
Coconut (desiccated)		100g	½
Coconut milk		100g	½
Condensed milk	1 tin	400g	24
Cola	1 mini can	150ml	1½
Cornetto	1		2
Cornflakes	5 tbsp/ 1 cup	30g	2½
Cornflour	1 heaped tbsn	30g	3
Cornish pasty	1 medium	155g	4
Cornish pasty	1 large	260g	6½
Cornmeal		100g	8
Country Crisp	4 tbsp/	50g	3½

(Strawberry) Couscous (uncooked)	½ cup	100g	7
Cream crackers	2	14g	1
Crème Egg	1	42g	3
Crepes	1	40g	1½
Crispie Cake	1 slice	31g	2
Crisps	1 packet	35g	1½
Crisps - thick cut	1 packet	50g	2½
Crispy pancake	1	60g	1½
C	Portion Size	Weight	CP
Croissant	1	60g	2½
Croquettes	1	90g	2
Crumpet	1	40g	2
Crunchie	1	40g	3
Crunchy Nut Cornflakes	5 tbsp/1 cup	40g	3½
Cup-a-soup (with croutons)	1 sachet	25g	1½

Currant bun	1	60g	3
Curry sauce (Korma)	¼ large jar	125g	1½
Custard - homemade		¼ pint/ 140ml	2½
Custard - instant	¼ packet	140g	2½
Custard - tinned	½ large tin	215g	3½
Custard cream	1	11g	1
Custard powder	1 heaped tbsn	30g	3

D	Portion Size	Weight	CP
Danish pastry	1 medium	110g	5½
Dates (Halawi)	1	10g	½
Dates (Medjool)	1	21g	1½
Dextrose tablets	5	15g	1½
Dhokar		100g	2½

Digestive	1	13g	1
Doritos	1 packet	33g	2
Doughnut (jam)	1	75g	3½
Doughnut (ring)	1	60g	3
Dried fruit		25g	1½
Drinking chocolate	3 heaped tspn	18g	1½
Dry gari		110g	10
Dumplings	1	70g	1½
E	Portion Size	Weight	CP
Eccles cake	1	45g	2½
English muffin (toasted)	1	70g	2½
F	Portion Size	Weight	CP
Fig roll	1	12g	1
Finger roll	1 large	60g	3

F	Portion Size	Weight	CP
Fish Cakes	2	84g	1½
Fish Fingers	3	60g	1
Fish in batter	1 medium	180g	2
Flake	1	34g	2
Flapjack	1 large	90g	5½
Flour		25g	2
Flour - Fufu		25g	2
Flour - Rice		25g	2
Flour - Soya		25g	½
Flour - Yam		25g	2
French fries	Regular		3
French fries	Medium		4
French fries	Large		6
French stick	2" slice	40g	2
Fries – regular	1 portion	110g	3½
Frosties	7 tbsp/1 cup	30g	3

Fruit and Fibre	5 tbsp/1 cup	40g	3
Fruit cake (with icing)	1 slice	70g	4½
Fruit bread	1 slice	42g	2
Fruit cocktail (in juice)	½ tin drained	125g	1
Fruit cocktail (in syrup)	½ tin drained	125g	2
Fruit juice	1 glass	160ml	1½
Fruit lolly	1	80ml	1½
Fruit pie	1 individual	55g	3
Frusli bar	1	30g	2
G	Portion Size	Weight	CP
Ganthia		100g	2½
Garlic bread	1" slice	20g	1
Ginger Snap	1	10g	1
Glace cherries		25g	1½
Gluten free	1 small	28g	1-

bread	slice		1½
Gluten free pasta (uncooked)		100g	7
Grapes	1 small bunch	100g	1½
Gulabjaman (in syrup)	3 pieces	70g	3½
H	Portion Size	Weight	CP
Haggis	1	200g	3
HobNob	1	13g	1
Horlicks Instant	1 sachet	32g	2½
Hot cross bun	1	70g	4

I	Portion Size	Weight	CP
Ice Cream	1 scoop	60g	1
Ice Cream		100g	2
Ice Cream (Dairy Milk McFlurry)	1		5
Irn Bru		150ml	1½
J	Portion Size	Weight	CP
Jaffa Cake	1	10g	1
Jacket potato (with skin oven baked)*	1 small	100g	3

J	Portion Size	Weight	CP
Jacket potato (with skin oven baked)*	1 medium	180g	5½

Jacket potato (with skin oven baked)*	1 large	330g	10
* The CP value of jacket potatoes will vary greatly depending on cooking method. The above values are an average guide based on oven baked potatoes.			
Jam tart	1 individual	35g	2
Jam/Honey	1 heaped tspn	20g	1½
Jellabi	2 pieces	70g	3
Jelly babies	3	18g	1½
Jelly beans	1 packet	45g	3½
Jelly sweets (large/1" long)	10	80g	6½
K	Portion Size	Weight	CP
Kenkey	1 small ball	300g	8
Khadi imaili		100g	½
Khadi punj		100g	½
Kheer (Pakistani)		200g	6

Khitcherie		250g	3
Kit Kat	2 fingers	22g	1½
Kiwi	1	60g	½

L	Portion Size	Weight	CP
Lasagne (pre packed)	1 individual	300g	4½
Lasagne sheet – dried (uncooked)	1	14g	1
Latte	small		1
Latte	medium		1
Latte	large		1½
Lemon meringue pie	¼ pie	110g	5
Lemonade		300ml	1½
Liqueurs	1 measure	25ml	½
Lucozade		100ml	1½

M	Portion Size	Weight	CP
Macaroni cheese	1 small tin	200g	2
M&Ms (peanut)	1 packet	45g	2½
M&Ms (regular)	1 packet	45g	3
Madeira cake	1 slice	40g	2½
Magnum	1	110ml	2½
Malt loaf - fruit	1 slice	35g	2
Malted milk	2	18g	1
Malted milk drink	For 1 mug	20g	1½
Maltesers	Fun-size	21g	1½
Maltesers	Standard packet	37g	2½

M	Portion Size	Weight	CP
Mango	1 slice	40g	½
Mango (without stone)	1 medium	150g	2
Mango chutney	1 heaped teaspoon	20g	1
Mango Lassi		300ml	3
Mars Bar	Standard bar	58g	4
Mars Bar ice cream	1	51ml	1½
Marshmallows (pink & white)	2	10g	1
Mashed potato	1 scoop	60g	1
Mashed potato		100g	1½
Meat Pilau (Pakistani)		300g	6
Meat Pilau		300g	8½

(Punjabi)			
Melon	1 slice	200g	1
Meringue nest	1 small	13g	1
Microchips	1 box	100g	3
Milk – on cereal	Average	100ml	½
Milk	1 glass	200ml	1
		¹ / ₃ pt	
Milk – Soya	1 glass	200ml	½
sweetened		½ pt	
Milk pudding	½ large tin	200g	4
Milkshake	1 glass	200ml	2½
(Nesquick)			
M	Portion Size	Weight	CP
Milkshake	Small		3½
Milkshake	Regular		7
Milkshake	Large		9
Minstrels	1 packet	45g	3½
Mousse	1 pot	110g	2
Mr Kipling cake	1 individual	47g	3

(Cheery Bakewell)			
Muffin (Choc Chip)	1	110g	6
Muller Crunch Corner	1 individual	150g	3
Muller Fruit Corner	1 individual	175g	2½
Muller Light	1 pot	190g	1½
Muller Rice - Original	1 pot	190g	3
Muesli (no added sugar)	4 tbsp/ ½ cup	50g	3½
N	Portion Size	Weight	CP
Naan bread	½ large	100g	5
Naan bread	1 small	60g	3
Naan bread	1 large	180g	9

N	Portion Size	Weight	CP
Nectarine/peach	1	100g	1
Noodles - dried (uncooked)	1 packet	100g	7
Nurishment - Original	1 can	420g	6
Nurishment - Extra	1 bottle	310ml	5
Nutrigrain bar	1	37g	2½
O	Portion Size	Weight	CP
Oatcake	1	12g	1
Oats		25g	1½
Oatso Simple – made with milk	1 sachet	30g	2½
Orange juice	1 glass	160ml	1½
Orange	1 medium	160g	1½

P	Portion Size	Weight	CP
Pancake	1 18cm	57g	2
Paratha	1	125g	5½
Pasta (cooked)	1 tbsp	30g	1
Pasta (cooked)	1 cup	100g	3
Pasta - dried (uncooked)		100g	7
P	Portion Size	Weight	CP
Pasta - fresh (uncooked)		100g	5½
Pastry – Filo uncooked		100g	5
Pastry – Puff uncooked		100g	3½
Pastry – Shortcrust uncooked		100g	4½

Pear	1 small	100g	1
Pear	1 medium	170g	1½
Penguin	1	25g	1½
Peshwari naan	1	160g	7
Pilau – meat (Pakistani)		300g	6
Pilau – meat (Punjabi)		300g	8½
Pilau – plain		180g	4½
Pilau – vegetable (Pakistani)		250g	9
Pilau – vegetable (Punjabi)		250g	6
Pineapple (tinned)	1 slice	40g	½
Pitta bread	1 medium	60g	3½
Pizza – deep pan	7"	230g	8

Pizza – deep pan	9"	410g	14 ½
P	Portion Size	Weight	CP
Pizza – deep pan	12"	700g	24 ½
Pizza – thin crust	7"	120g	4
Pizza – thin crust	9"	260g	9
Pizza – thin crust	12"	560g	19
Plantain (boiled)		100g	3
Plantain (fried)		100g	5
Plums	2 medium	110g	1
Polenta – ready made		100g	1½
Polo mints	7	10g	1
Popcorn – savoury	1⅓ family bag	100g	5

Popcorn – savoury	1 cup = 2 handfuls	20g	1
Popcorn – toffee	$\frac{1}{3}$ family bag	100g	8
Poppadoms	3 large		1
Pork pie	1 mini	50g	1
Pork pie	1 individual	140g	$3\frac{1}{2}$
Porridge oats (Oatmeal)	4 tbsp/ $\frac{1}{2}$ cup	50g	$3\frac{1}{2}$
Port	1 measure	50ml	$\frac{1}{2}$

P	Portion Size	Weight	CP
Potato cakes/tattie scones	1	45g	2
Potato curry (Gujarati)		200g	4
Potato (raw)		100g	$1\frac{1}{2}$
Potato (boiled)	1 egg sized	60g	1
Potato (boiled)		100g	$1\frac{1}{2}$

Potato farls	1 9cm sq	60g	2
Potato waffle	1	60g	2
Potato wedges	2 large	30g	1
Pot Noodle	1 pot	90g	5½
Pringles	12 crisps	25g	1
Pumpernickel	1 slice	54g	2½
Puri	1		1½
Q	Portion Size	Weight	CP
Quavers	1 packet	17g	1
Quiche (thick pastry)	1 slice (2" wide)	140g	2½

R	Portion Size	Weight	CP
Raspberries	30	100g	½
Ravioli	1 small tin	200g	2½

Rhubarb crumble	1 small portion	100g	3½
Rich Tea	2	12g	1
Rice – boiled	1 tray	300g	9
Rice cakes	1 large		½
Rice - cooked	1 rounded tbsp	30g	1
Rice - cooked	⅔ cup	100g	3
Rice – fried/pilau	1 tray	300g	7½
Rice - instant/pre cooked	1 packet	250g	7
Rice - uncooked		100g	8½
Rice Krispies	7 tbsp/1 cup	30g	3
Ritz (plain)	5	15g	1
Roast potato	1 small	50g	1½
Roast potato		100g	2 ½
Rose syrup	1 serving	27ml	2

Roti (Pakistani)		35g	2
Rus-mango pulp		150g	4½
Rye bread	1 thin slice	25g	1
Ryvita	1	9g	½

S	Portion Size	Weight	CP
Samosa – Meat (thin pastry)	2	70g	1½
Samosa - Vegetable	1 large	63g	1½
Satsuma (weighed with skin)	2	170g	1
Sausage	1 thick	40g	½
Sausage - Lorne	1 slice	60g	1
Sausage roll	3 cocktail	42g	1
Sausage roll	1 medium	60g	1½

Scampi in breadcrumbs	8 pieces	150g	4
Scone	1 medium	45g	2½
Scotch egg	1	120g	1½
Scotch pancake	1	30g	1½
Scotch pie	1	140g	3½
Semolina (uncooked)		120g	9
Sherry (sweet)	1 measure	50ml	½
Shortbread finger	1	18g	1
Shredded Wheat	1	22g	1½
Shreddies	3 tbsp/ ½ cup	30g	2½
Skittles	1 packet	45g	2½

S	Portion Size	Weight	CP
Sliced bread – small loaf	1 slice	25g	1
Sliced bread – medium sliced	1 slice	36g	1½
Sliced bread – thick sliced	1 slice	44g	2
Snack-a-Jacks (savoury)	1 individual packet	35g	2½
Snack-a-Jacks (sweet)	1 cake	13g	1
Snicker	Standard bar	61g	3½
Snowball (Tunnocks)	1	30g	1½
Soda farl	1 4cm deep 9 cm wide	142g	6

Solero	1	225g	2
Sorbet	1	100g	2½
Soup – pasta/potato	½ large tin	200g	1
Soup – tomato	½ large tin	200g	1
Soup – vegetable	½ large tin	200g	1*

*This allows for the low GI value of the ingredients

Spaghetti	1 small tin	200g	2½
S	Portion Size	Weight	CP
Special K	5 tbsp/1 cup	35g	3
Sponge pudding	1 individual		6
Sponge pudding (tinned)	¼ tin	75g	3½
Springhopper	1		1½

Spring roll (thin)	3" long	50g	1
Starburst	Standard tube	45g	4
Steak and kidney pie	1 individual	160g	4
Sticky Toffee Pudding (shop bought)	1	110g	5½
Stottie (9")	¼	60g	3
Stovies		350g	4
Strawberries	5 medium	100g	½
Strong ale	1 pint		3½
Stuffing (Paxo)	1 serving	50g	1
Sugar	1 level tspn	5g	½
Sugar		25g	2½
Supermalt	1 can	330ml	5
Sweet and sour (battered)	1 portion	300g	6

S	Portion Size	Weight	CP
Sweet and sour sauce	$\frac{1}{3}$ large jar	170g	3½
Sweet potato – raw		100g	2
Syrup/Honey		25g	2
T	Portion Size	Weight	CP
Taco shells	2	28g	1½
Teacake (toasted)	1	55g	3
Thelpa		80g	4
Tiramisu	1 portion	200g	6½
Toffee Pecan Tart	$\frac{1}{6}$ tart	65g	2½
Tortillas (8")	1	67g	3
Tortellini (fresh)	$\frac{1}{2}$ packet	125g	3
Tracker bar	1	26g	1½

Trifle	1 individual	150g	3
TUC (original)	4	15g	1
Twix	2 fingers	58g	4
U	Portion Size	Weight	CP
V	Portion Size	Weight	CP
Vanilla slice	1	100g	4½
Vegetable curry		200g	1½
Vermouth	1 measure	50ml	½
(sweet)			
Vienetta	1/6 cake	100ml	1
W	Portion Size	Weight	CP
Wagon Wheel	1	38g	2½
Weetabix	2	25g	2½
Weetabix		40g	2½

bitesize			
White pudding	1 slice	40g	1½
X	Portion Size	Weight	CP

Y	Portion Size	Weight	CP
Yam - boiled		100g	3
Yogurt - Low fat fruit	1 pot	150g	2
Yogurt - Low fat natural	1 pot	150g	1
Yogurt - Low fat, low sugar	1 pot	150g	1

Yogurt – Soya sweetened	1 pot	125g	1½
Yorkshire pudding	1 individual	18g	½
Yorkshire pudding	1 giant	115g	2½
Z	Portion Size	Weight	CP

Guidelines for Alcohol	CP
<ul style="list-style-type: none"> • Beware, alcohol can cause severe hypoglycaemia. • 1-2 glasses of wine/beer with a meal requires no action. • For alcoholic drinks containing carbohydrate take $\frac{1}{2}$ of your usual quick acting insulin per CP. • To prevent a hypo after drinking alcohol, reduce your next dose of background insulin and/or eat additional carbohydrate without taking quick acting insulin. • Remember to consider the effects of exercise eg, dancing/sex/football. 	

Guidelines for Alcohol	CP
Wine/spirits	Trace
Lager/stout/bitter (per pint)	1
Dry cider (per pint)	1
Sweet cider (per pint)	2
Alcopops (per bottle)	2
Liqueurs/port (per measure)	½

Your Own Additions

Your Own Additions

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