

CARBOHYDRATE CONTENT OF COMMON FOODS

2 large slices of bread	30g
1 bagel	50g
1 large tortilla	30g
1 pitta bread	25g
1 medium potato	40g
1 large sweet potato	55g
1 block of noodles	45g
1 small portion of rice	60g
1 large portion of rice	90g
1 small portion of pasta	60g
1 large portion of pasta	90g
1 slice pizza	35g
2 shredded wheat	30g
2 Weetabix	30g
1 small bowl of cereal	30g
1 medium portion of muesli	50g
1 small serving of porridge	25g
1 large tin of baked beans	55g
3 tbsp sweetcorn or peas	10g
1 digestive or 2 rich tea biscuits	10g
1 Jaffa cake	10g
1 packet of mini Jaffa cakes	20g
1 currant bun	30g
1 wholemeal scone	30g
1 slice of malt loaf	20g
1 small cereal bar	20g
1 elevenes cereal bar	30g
1 pint of milk	30g
1 small pot of yogurt	25g
1 small can rice pudding	30g
1 medium banana	30g
1 apple	10g
1 orange or 1 satsuma	10g
1 handful of grapes	15g
1 oz of raisins	15g
5 small dried apricots	15g
1 small carton of fruit juice or smoothie	20g
1 can of Lucozade drink	65g
500mls of Isotonic Sports Drink	40g
1 standard Mars Bar	40g
2 tsp honey	15g
2 tsp jam	10g
2 tsp sugar	10g
1 tube of fruit gums	40g
1 large packet of jelly beans	95g

PROTEIN CONTENT OF COMMON FOODS

1 large thin slice bread	2g
Large serving of pasta (raw)	12g
Rice (raw)	5g
1 Weetabix	2g
Medium bowl of cornflakes	2g
1 Shredded Wheat	2g
Medium bowl of rice krispies	2g
Medium bowl of porridge oats	4g
Small portion of boiled potatoes	2g
Half a tin baked beans	10g
Medium portion of peas	2g
Medium portion of sweetcorn	2g
Medium portion of lentils	24g
Medium portion of green vegetables	2g
Crisps	2g
Bar of milk chocolate	2g
Bar of plain chocolate	2g
Scoop of ice cream	2g
Bacon (1 rasher)	6g
Pork Chop	48g
Sausage (1 large)	12g
Ham (1 average slice)	6g
Ham wafer thin (1 average slice)	3g
Beef burger	10g
Beef minced (medium portion)	48g
Beef steak fillet (8oz)	44g
T-bone steak (12oz)	64g
Chicken (1 medium breast)	30g
Chicken breast roast (1 slice)	8g
Turkey (1 average steak)	24g
Lamb Chop	36g
Lamb roast (1 slice)	6g
White fish (medium fillet)	30g
Salmon steak	29g
Fish finger (1)	6g
Eggs	12g
Pizza (1 average slice, thin base)	12g
Pizza (1 average slice, deep pan)	18g
Milk	6g
Cheese (small matchbox size piece)	6g
Cheese processed (1 slice)	5g
Cottage Cheese	6g
Yogurt	6g