

Carbohydrates Exchanges List

Each serving below = **1 Carbohydrate Exchange = 15 grams of carbohydrate**. Food amount indicated here are cooked (where applicable).

Your carbs distribution:

Breakfast: _____ ex ; Lunch: _____ ex ; Tea time: _____ ex ;

Dinner: _____ ex ; Night: _____ ex

Sizes:

1 tsp = 1 teaspoon (5 ml)

3 tsps = 1 tablespoon (15 ml)

1 dsp = 1 dessert spoon = ~10 ml

1 cup = 250 ml

Rice bowl = size of a 'chicken rice' bowl

TYPE OF FOOD	WEIGHT OF FOOD	HOUSEHOLD MEASURE
RICE & NOODLES		
Rice (white)	50 g	¼ rice bowl (3 heaped dsp)
Rice porridge	130 g	½ rice bowl
Noodles	65 g	⅓ rice bowl
Pasta	65 g	¼ rice bowl
BREADS, BISCUITS, CEREALS		
Bread – white/wholemeal	30 g	1 slice
Hamburger bun	30 g	½ medium
Plain hotdog roll	30 g	½ roll
Chapati	25 g	½ piece
Cream crackers	15 g	3 piece
Marie biscuits	21 g	3 pieces
Digestive biscuits (plain)	23 g	1 ½ pieces
Cookies* (e.g. Julie's peanut butter cookies)		2 pieces
Oats (dry, instant)	22 g	3 heaped dsp
Oats (dry, rolled)	23 g	2 heaped dsp
Cornflakes	17 g	⅔ cup (½ rice bowl)
Bran flakes	19 g	½ cup
STARCHY VEGETABLES		
Baked beans	75 g	⅓ cup
Potato (cooked)	70 g	1 large size of egg
Sweet potato / yam	60 g	½ medium
Corn on the cob		½ medium
Corn kernels (fresh / frozen / canned)	75 g	4 dsp
Green peas	105 g	9 dsp

TYPE OF FOOD	WEIGHT OF FOOD	HOUSEHOLD MEASURE
LEGUMES Chickpeas Lentils (e.g. Dhal) Beans – green / red / black / mung	75g 75g 75g	½ cup (3 heaped dsp) ½ cup (3 heaped dsp) ½ cup (3 heaped dsp)
MILK PRODUCTS Liquid milk (non-flavoured) Powdered milk Evaporated milk Unsweetened yoghurt Sweetened/fruit yoghurt	250 ml 37 ml 125 ml 125 ml 100 g	1 cup 6 heaped tsp ½ cup ½ cup ⅓ cup
FRUITS Apple Apricots, fresh Apricots, dried Banana Blueberries Dates Durian Grapes Jackfruit Kiwifruit Longans Lychees Mango Orange Papaya Pear Pomelo Pineapple Plum Prunes, dried Raisins Rambutans Starfruit Watermelon	135 g 135 g 30 g 60 g 120g 20 g 50 g 150 g 200 g 100 g 80g 90 g 80 g 140 g 150 g 100 g 150 g 150 g 120 g 25 g 20 g 110 g 300 g 220 g	1 small 3 medium 3 whole 1 small (9 – 10 cm long) ¾ cup 2 piece 1 large / 2 medium seeds ~13 small 3 medium seeds 1 large / 1½ medium 8 piece 9 piece ½ small 1 medium 1 slice 1 small / ½ large 1 ½ section 1 slice 2 small / 1 ½ medium 3 piece 2 tbsp 6 piece 1 medium 1 slice
FRUIT/VEGETABLE JUICES** Apple juice Orange juice Prune juice <i>**These are unsweetened/'no added sugar' juices. Read product labels for carbohydrate content.</i>	125 ml 200 ml 85 ml	½ cup ¾ cup ⅓ cup

SUGARS

Sugars can be used for flavouring and satisfying that sweet tooth. But they must be 'counted' as part of your Carbohydrate Exchanges, and not simply added as extras!

Each serving contains about 60 calories and equals to 1 Carbohydrate Exchange.

TYPE	AMOUNT
Sugar	3 tsp
Fruit jam – regular	3 tsp
Honey	3 tsp
Pancake syrup	3 tsp
Condensed milk	4 tsp
Milo® powder	4 tsp

FREE FOODS

Free foods have < 5g of carbohydrates per serving. They have little effect on your blood glucose levels and need not be counted in your food plan.

No restriction but take in moderation	Keep to 1 serving per day:
Spring/mineral water	1 tbsp condiments (ketchup, chilli sauce, BBQ sauce, mustard)
Coffee/tea (plain)	2 tsp non-dairy creamer
'Diet' soft drinks	2 tsp low sugar/sugar-free fruit jam
Club soda/soda water	1 tbsp fat-free salad dressings
Seasoning herbs & spices	1 tbsp cocoa powder
Ginger, garlic, parsley	2 tsp wheat/oat bran or wheat germ
Vinegar, Worcestershire sauce	
Artificial sweeteners	

VEGETABLES

Each ½ cup serving (cooked) = 5 g carbohydrate.

Count as 1 Carbohydrate Exchange only if you eat 3 servings in one meal.

Asparagus	Green beans	Snow peas
Broccoli	Ladies finger	Spinach
Cabbage	Mushrooms	Squash
Carrots	Onions	Tomato (1 medium)
Cauliflower	Pumpkin	

The following vegetables can be eaten as desired because they contain only small amounts of carbohydrate:

Beansprouts	Chinese cabbage	Kailan
Brinjal		Kang kong
Capsicum (bell pepper)	Chye sim	Lettuce
Celery	Cucumber	Marrow
	Dou miao	Peh chye
		Watercress

Please contact Call-A-Dietitian Hotline 983 22 983 if you have any nutrition-related queries.

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