

Carbohydrates – Handy Measures

A portion of 10 grams of carbohydrate is....



1 heaped tablespoon cooked rice



1 heaped tablespoon cooked pasta



1 egg-sized potato



3-4 chips



1 old school ice-cream scoop
of mash potatoes



200ml / 200g Milk or
Yoghurt ($\frac{1}{3}$ of a pint)

A portion of 15 grams of carbohydrate is....



1 wheat biscuit



1 medium slice of bread/ toast



160g of berries (raspberries, strawberries) or 100g of blueberries



80g fresh fruit (one fist size fruit)



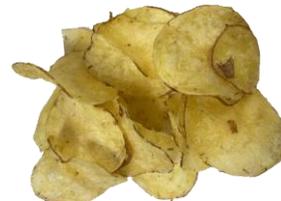
2 Rye Crisp bread slices



3 puffed crackers or water biscuits



Half a plate of plain popcorn (20g)



A small package of crisps

