

Carbohydrate Lists

10 GRAM
CARBOHYDRATES

Carbohydrate lists

The following carbohydrate lists categorize carbohydrates into different food groups. These lists can be used as a tool to help you become familiar with various sources of carbohydrates and improve your ability to assess the carbohydrate content in your food.

For most food products, it's indicated how much of the food you should eat to get 10 grams of carbohydrates. The quantity is provided in both grams and household measurements to make the list easier to use. Values are rounded up or down slightly for most foods to make it more convenient for you. Therefore, consider the lists as approximate guides.

If you consume large quantities of a food, it may be beneficial to calculate the carbohydrate content more accurately using data from the 'Fødevaredatabanken', which is available online at frida.fooddata.dk from the Food Institute at the Technical University of Denmark (DTU), or using the nutritional information on the food label.



Bread or similar

	10 g carbohydrates	Household measures
Buns and burger buns	20 g	
Puff pastry	30 g	½ plate
Filo pastry	15 g	½ plate
White bread, bolted wheat, breakfast roll	20 g	½ slice, ½ breakfast roll
Grissini breadsticks	15 g	2 sticks
Wholemeal bread, various types, graham bread	20 g	½ slice
Crispbread, various types	15 g	1-3 slices
Pitta bread, sausage roll	20 g	
Rice biscuits	15 g	2 pcs.
Rye bread – all types	25 g	½ slice
Toast (Sandwich bread), rye	25 g	½ slice
Toast (Sandwich bread), white	20 g	½ slice
Rusks	15 g	1-3 pcs.
Taco shells	17 g	1½ pcs.
Tartlets	20 g	1-2 pcs. (1 thick or 2 ordinary)
Poppy seed pastry	40 g	½ bun.
Tortilla	20 g	½ ordinary or ⅓ large

g = gram

Breakfast products

	10 g carbohydrates	Household measures
All Bran Fibre Plus	20 g	$\frac{3}{4}$ dl
All Bran Regular	15 g	1 dl
Cornflakes	12 g	$\frac{3}{4}$ dl
Cocopops	10 g	$\frac{1}{2}$ dl
Oatmeal squares	17 g	1 dl
Oatmeal, rye flakes, barley flakes	17 g	$\frac{1}{3}$ dl
Muesli	15 g	$\frac{1}{2}$ dl
Rye squares	15 g	1 dl
Grated rye bread sprinkling (no sugar)	15 g	2 tbsp.

g = gram

Flour, grain and the similar

	10 g carbohydrates	Household measures
Buckwheat, pearl barley, semolina	15 g	1½ tbsp.
Graham flour, whole-wheat flour	15 g	1½ tbsp.
Oatmeal	17 g	$\frac{1}{3}$ dl
Oat bran	15 g	3 tbsp.
Millet flakes	15 g	2 tbsp.
Wheat flour, bolted flour	15 g	1½ tbsp.
Cereal grain, rye, wheat, spelt, barley	35 g boiled, 15 g raw	$\frac{1}{2}$ dl boiled
Cornflour, rice flour	15 g	1½ tbsp.
Maize flour, potato flour	10 g	1 tbsp.
Breadcrumbs	15 g	2 tbsp.
Rye flour	15 g	2 tbsp.

g = gram

Milk and dairy products

	10 g carbohydrates	Household measures
Chocolate milk, artificially sweetened	2 dl	1 glass
Chocolate milk, sweetened	1 dl	½ glass
Buttermilk	2 dl	1 glass
Lactose-free milk	3½ dl	2 glasses
Low-fat milk	2 dl	1 glass
Fat-free milk	2 dl	1 glass
Skimmed milk	2 dl	1 glass
Full-fat milk	2 dl	1 glass
A 38, Ylette, Ymer, Thick buttermilk (0,5 % and 1,5 %)	2 dl	1 serving
Fruit yogurt sweetened with aspartame, for example, Cheasy, Minimum, and Jogging	2 dl	1 serving
Fruit yoghurt sweetened with stevia for example Yoggi	1¼ dl	½ serving
Fruit yoghurt sweetened with sugar	1 dl	½ serving
Lactose-free plain yoghurt	3 dl	1½ serving
Proactiv drinking yoghurt	2 dl	dosage = 1 dl per day
Skyr with fruit, sweetened with sugar	1¼ dl	½ serving
Skyr with fruit, sweetened with aspartame	2 dl	1 serving
Skyr, plain	3 dl	1½ serving
Yoghurt, plain	2 dl	1 serving

g = gram, 1 glass = 2 dl and one serving = approx. 2 dl

Alternatives to cows' milk

	10 g carbohydrates	Household measures
Oat milk	1 dl	½ glass
Rice milk	1 dl	½ glass
Soy milk with sugar	2 dl	1½ glass
Soy milk without sugar	3½ dl	2½ glasses

Potatoes, rice, pasta and the similar

	10 g carbohydrates	Household measures
Bulgur, couscous	40 g cooked (15 g raw)	$\frac{3}{4}$ dl cooked
Butterbeans	75 g cooked (25 g raw)	1 dl cooked
Edamame soybeans, fresh/frozen	90 g	90 g
Split peas	25 g (raw)	$\frac{3}{4}$ dl
Hummus	100 g	1 dl
Potato	60 g	1 medium-sized
Potato wedges, oven-baked	40 g	
Mashed potatoes	60 g	$\frac{3}{4}$ dl
Instant mashed potatoes	15 g	
Kidney beans	70 g cooked (20 g raw)	1 dl cooked
Chickpeas, white beans	50 g cooked (20 g raw)	$\frac{3}{4}$ dl cooked
Lasagne plate, dried	(15 g raw)	$\frac{2}{3}$ plate
Lentils	50 g cooked (20 g raw)	$\frac{3}{4}$ dl cooked
Sweetcorn seeds	50 g	$\frac{3}{4}$ dl or $\frac{1}{3}$ large cob
Noodles, wheat	40 g cooked (15 g raw)	$\frac{3}{4}$ dl cooked
Noodles, rice or glass noodles	40 g cooked (13 g raw)	$\frac{3}{4}$ dl cooked
Pasta, all sorts, dried	40 g cooked (15 g raw)	$\frac{3}{4}$ dl cooked
French fries	50 g (cooked)	
Quinoa	40 g cooked (15 g raw)	$\frac{1}{2}$ dl cooked
Rice, all sorts, incl. wild rice	40 g cooked (15 g raw)	$\frac{3}{4}$ dl cooked
Rice pudding	65 g	1 serving = 250 g
Rice paper, dried	12 g	1½ pcs.
Root vegetables, oven-baked	100 g	
Soya beans, dried	170 g cooked (55 g raw)	2 dl cooked
Sweet potato (batat)	70 g	1 small

g = gram



Vegetables

Generally, vegetables are only counted if you consume more than 200 grams in a meal and have type 1 diabetes. For vegetables, only the edible part is indicated in the table. This is particularly relevant for vegetables that are peeled, where only a small portion is edible, such as artichokes, corn on the cob, chestnuts, and Jerusalem artichokes.

	10 gram (g) carbohydrates	Carbohydrates per 100 gram
Cucumber	715 g	1 g
Artichoke	196 g	5 g
Asparagus	416 g	2 g
Aubergine	385 g	3 g
Bamboo shoot	310 g	3 g
Celery	275 g	4 g
Cauliflower	400 g	3 g
Broccoli	345 g	3 g
Bean sprouts	270 g	4 g
Bean sprouts, adzuki	55 g	19 g
Mushroom	590 g	2 g
Edamame soya beans, frozen	90 g	11 g
Fennel	335 g	3 g
Skinned tomatoes	335 g	3 g
Spring onion	210 g	5 g
Pumpkin	320 g	3 g
Kale	240 g	4 g
Green beans	370 g	3 g
Green peas	140 g	7 g
Carrot	170 g	6 g
Cabbage	210 g	5 g
Jerusalem artichoke	85 g	12 g
Chicory	370 g	3 g
Chestnut, raw	30 g	34 g

	10 gram (g) carbohydrates	Carbohydrates per 100 gram
Chinese cabbage	475 g	2 g
Turnip cabbage	175 g	6 g
Alfalfa sprouts	5000 g	0 g
Onion	125 g	8 g
Turnip	210 g	5 g
Corncob	75 g	14 g
Sweetcorn kernels, tinned	55 g	19 g
Parsnip	100 g	10 g
Capsicum pepper, green	355 g	3 g
Capsicum pepper, red	220 g	5 g
Parsley root	125 g	8 g
Leek	180 g	6 g
Rhubarb	335 g	3 g
Radish	835 g	1 g
Root vegetables, oven-baked	100 g	10 g
Brussel sprouts	180 g	6 g
Black radish	310 g	3 g
Beetroot	110 g	9 g
Red cabbage	220 g	5 g
Iceberg lettuce	475 g	2 g
Head of lettuce, green	370 g	3 g
Savoy cabbage	335 g	3 g
Celeriac	230 g	4 g
Black salsify	65 g	15 g
Spring cabbage	335 g	3 g
Spinach	665 g	2 g
Squash / courgettes	625 g	2 g
Tomato	230 g	4 g
Tomato juice, tinned food	270 g	4 g
Peas	140 g	7 g



Fresh fruit and berries

Only the edible part of fruit is stated. This is of particular importance with respect to fruit that is peeled with only a minor part being edible – such as e.g. bananas and oranges.

	10 g carbohydrates	Household measures
Apricot	125 g	3 pcs.
Pineapple	85 g	2 slices
Orange, grapefruit	105 g	1 small
Avocado	155 g	1 medium sized
Banana	55 g	½ or ½ dl pulp
Plum	115 g	1-3 pcs.
Blueberries, redcurrants, hips	110 g	1½ - 2 dl
Blackberries	200 g	2 dl
Clementine	125 g	2 pcs.
Peach, nectarine	110 g	1 small
Pomegranate, persimmon, fig	60 g	
Honeydew melon, netted melon	220 g	¼ pcs.
Strawberries, raspberries	140 g	2 dl
Kiwi fruit	90 g	1-1½ pcs.
Mango fruit	70 g	⅓ pcs.
Papaya	100 g	
Passion fruit	75 g	3-4 pcs.
Blackcurrants, cherries	85 g	1½ dl
Watermelon, cantaloupe-melon	130 g	
Grapes	75 g	10-15 pcs.
Apple, pear	100 g	1 small

g = gram

Dried fruit and berries

	10 g carbohydrates	Household measures
Apricots, prunes	18 g	2-3 pcs.
Figs	18 g	1-2 pcs.
Dates	13 g	1-2 pcs.
Fruit spread	17 g	1 slice
Raisins, cranberries	13 g	1 tbsp.

g = gram

Canned fruit and juice

	10 g carbohydrates	Household measures
Pineapple, apricot	70 g	
Peach, pear	60 g	
Fruit juice	100 g	1 dl
Mango chutney	20 g	1-1½ tbsp.

g = gram

Nuts and almonds

	10 g carbohydrates	Household measures
Cashew	35 g	½ dl
Hazelnuts	100 g	2 dl
Almonds	100 g	2 dl
Peanuts, roasted and salted	100 g	1½ dl
Pine nuts	100 g	1½ dl
Pistachios	55 g	1 dl
Walnuts	100 g	2½ dl

g = gram



Biscuits

	Size of serving	Weight	Carbohydrates	Fat
All-in-one biscuit with root vegetables	1 biscuit	17 g	10 g	3 g
Chocolate biscuit	1 biscuit	20 g	14 g	3 g
Cream crackers	1 cracker	8 g	5 g	1 g
Digestive	1 biscuit	15 g	9 g	3 g
Marie biscuits	3 biscuits	12 g	9 g	2 g
Rye biscuits	2 biscuits	16 g	9 g	2 g
TUC	3 crackers	15 g	10 g	3 g

g = gram

Snacks

	Size of serving	Weight	Carbohydrates	Fat
Bugles	1 dl	13 g	8 g	4 g
Chips	1 dl	9 g	5 g	3 g
Crisps	1 mini bag	28 g	14 g	10 g
Cheese doodles	1 dl	10 g	5 g	3 g
Popcorn	1 bag	100 g	52 g	22 g
Crispy salt sticks	20 sticks.	15 g	11 g	1 g
Crispy screws	1 dl	8 g	5 g	2 g

g = gram

Beverages with and without alcohol

	Size of serving	Content	Carbo- hydrates
Baileys	1 glass	20 ml	5 g
White wine, non-alcoholic	1 glass	125 ml	7 g
White wine, sweet	1 glass	125 ml	7 g
White wine, dry	1 glass	125 ml	0-1 g
Port	1 glass	40 ml	4 g
Red wine, rosé, non-alcoholic,	1 glass	125 ml	4 g
Red wine, rosé, champagne	1 glass	125 ml	2 g
Sherry, dry	1 glass	40 ml	0,5 g
Sherry, medium	1 glass	40 ml	1,5 g
Sherry, sweet	1 glass	40 ml	2,5 g
Smirnoff Ice	1 bottle	275 ml	25 g
Somersby Apple Cider	1 can	330 ml	26 g
Spiritus, e.g. aquavit, vodka, rum, gin			0 g
Soft drink, light			0 g
Soft drink with sugar, ready to drink, e.g. Ribena	1 glass	200 ml	27 g
Soft drink, sugar-free, ready to drink, e.g. Ribena Light	1 glass	200 ml	10 g
Coca Cola	1 can	330 ml	35 g
Cola Zero	1 can	330 ml	0 g
Beer, non-alcoholic	1 can	330 ml	15-20 g
Beer, ordinary lager	1 bottle	330 ml	9 g

g = gram

Cakes, ice cream, desserts and chocolate

	Size of serving	Weight	Carbohydrates	Fat
Pick-and-mix sweets	1 bag	100 g	75 g	0 g
Pudding	1 serving	170 g	30 g	5 g
Chocolate, white	1 pcs.	20 g	12 g	6 g
Chocolate, milk (light)	1 pcs.	20 g	10 g	5 g
Chocolate, dark min. 70% cacao	1 pcs.	20 g	7 g	9 g
Chocolate mousse, Mathilde Café	1 tub	100 g	13 g	13 g
Marshmallow treat, Samba Topper	1 pcs.	25 g	16 g	4 g
Marshmallow treat, ordinary	1 pcs.	16 g	11 g	2 g
Whipped cream cake	1 pcs.	100 g	35 g	21 g
Loaf cake	1 pcs.	70 g	35 g	15 g
Gajol, blue	1 box	23 g	12 g	0 g
Guldbarre, ordinary dark	1 pcs.	45 g	23 g	15 g
Guldbarre, sugar-free	1 pcs.	45 g	21 g	16 g
Ice cream, fløde	1 scoop	50 g	12 g	5 g
Ice, Hjem-Is light	1 tub	120 ml	8 g	4 g
Ice, Easis vanilla	1 scoop	50 g	4 g	2 g
Ice-lolly, Filur	1 pcs.	54 ml	9 g	0 g
Ice-lolly, Champagnebrus	1 pcs.	82 ml	14 g	2 g
Ice-lolly, Magnum Classic	1 pcs.	120 ml	25 g	16 g
Cinnamon pastry	1 pcs.	22 g	11 g	3 g
Cinnamon roll	1 pcs.	90 g	36 g	20 g
Caramel bar, Easis 1 pcs.	1 pcs.	30 g	6 g	5 g
Caramels, Dumle	2 pcs.	14 g	9 g	3 g
Caramel stick, cream	1 pcs.	14 g	10 g	2 g
Kinder milk slice	1 pcs.	28 g	10 g	7 g
Kinder egg	1 pcs.	20 g	12 g	6 g

	Size of serving	Weight	Carbohydrates	Fat
Marzipan wreath	6 cm	15 g	8 g	4 g
Liquorice	1 bag	80 g	67 g	1 g
Liquorice, Piratos	3 pcs	10 g	8 g	0 g
M&M's peanuts	1 bag	200 g	120 g	50 g
Marzipan bar, chocolate-covered	1 pcs	40 g	19 g	12 g
Marmalade, sweetened with sugar	1 tsk.	6 g	3 g	0 g
Mars bar	1 pcs	54 g	38 g	10 g
Matadormix	1 bag	120 g	96 g	0 g
Milkshake, Mathilde	1 tub	200 g	24 g	4 g
Mini Smarties	1 can	40 g	29 g	7 g
Muffins	1 pcs	75 g	38 g	19 g
Nutella	1 tbsp.	15 g	9 g	5 g
Pancake	1 pcs	60 g	18 g	3 g
Thin slices of chocolate	1 pcs	4 g	3 g	1 g
Rainbow stick	1 pcs	34 g	28 g	2 g
Rittersport, milk with nuts	1 plate	100 g	46 g	38 g
Rice pudding w. cherry sauce	1 tub	150 g	30 g	14 g
Turtle, giant, stuffed	1 pcs	28 g	19 g	5 g
Cookie	1 pcs	10 g	6 g	2 g
Cookie, Easis	1 pcs	8 g	3 g	1 g
Sugar	1 tbsp.	5 g	5 g	0 g
Twix bar	1 pcs	50 g	33 g	12 g
Dry cake	1 pcs	50 g	23 g	14 g
Wine gum	1 bag	80 g	63 g	0 g
Wine gum, Pesetos	3 pcs	12 g	10 g	0 g
Danish pastry	1 pcs	100 g	44 g	27 g
Danish apple pancake balls	1 pcs	28 g	9 g	5 g

g = gram

Fastfood and the similar

	Size of serving	Weight	Carbohydrates	Fat
Hash ¹	1 serving	300 g	42 g	18 g
Burger with beef, small ²	1 pcs	170 g	41 g	18 g
Burger with beef, large ²	1 pcs	340 g	55 g	45 g
Burger, Big Mac ³	1 pcs	221 g	42 g	25 g
Kebab roll ²	1 pcs	455 g	100 g	45 g
Spring roll	1 pcs	90 g	18 g	5 g
Pea soup ¹	1 serving	250 g	35 g	10 g
Hamburger ³	1 pcs	105 g	30 g	9 g
Hotdog, ordinary ²	1 pcs	185 g	39 g	28 g
Hotdog, French ²	1 pcs	155 g	42 g	23 g
Chicken nuggets ²	6 pcs	105 g	19 g	14 g
Lasagne	1 serving	300 g	42 g	27 g
McChicken ³	1 pcs	193 g	45 g	16 g
Pita sandwich with falafel ²	1 pcs	310 g	90 g	30 g
Pita sandwich with kebab ²	1 pcs	275 g	50 g	20 g
Pizza Margarita ²	1 pcs	380 g	144 g	51 g
Pizza Pepperoni ²	1 pcs	415 g	133 g	66 g
Pizzaslice ²	1 pcs	175 g	61 g	21 g
Potato chips, oven-baked		50 g	12 g	3 g
Potato chips ³	medium	114 g	41 g	16 g
Sausage rolls	1 pcs	52 g	16 g	5 g
Spring roll, fresh	1 pcs		10-12 g	
Risotto ¹	1 serving	325 g	50 g	
Sandwich w. meatball ²	1 pcs	270 g	70 g	25 g
Sandwich w. chicken and bacon ²	1 pcs	300 g	76 g	21 g

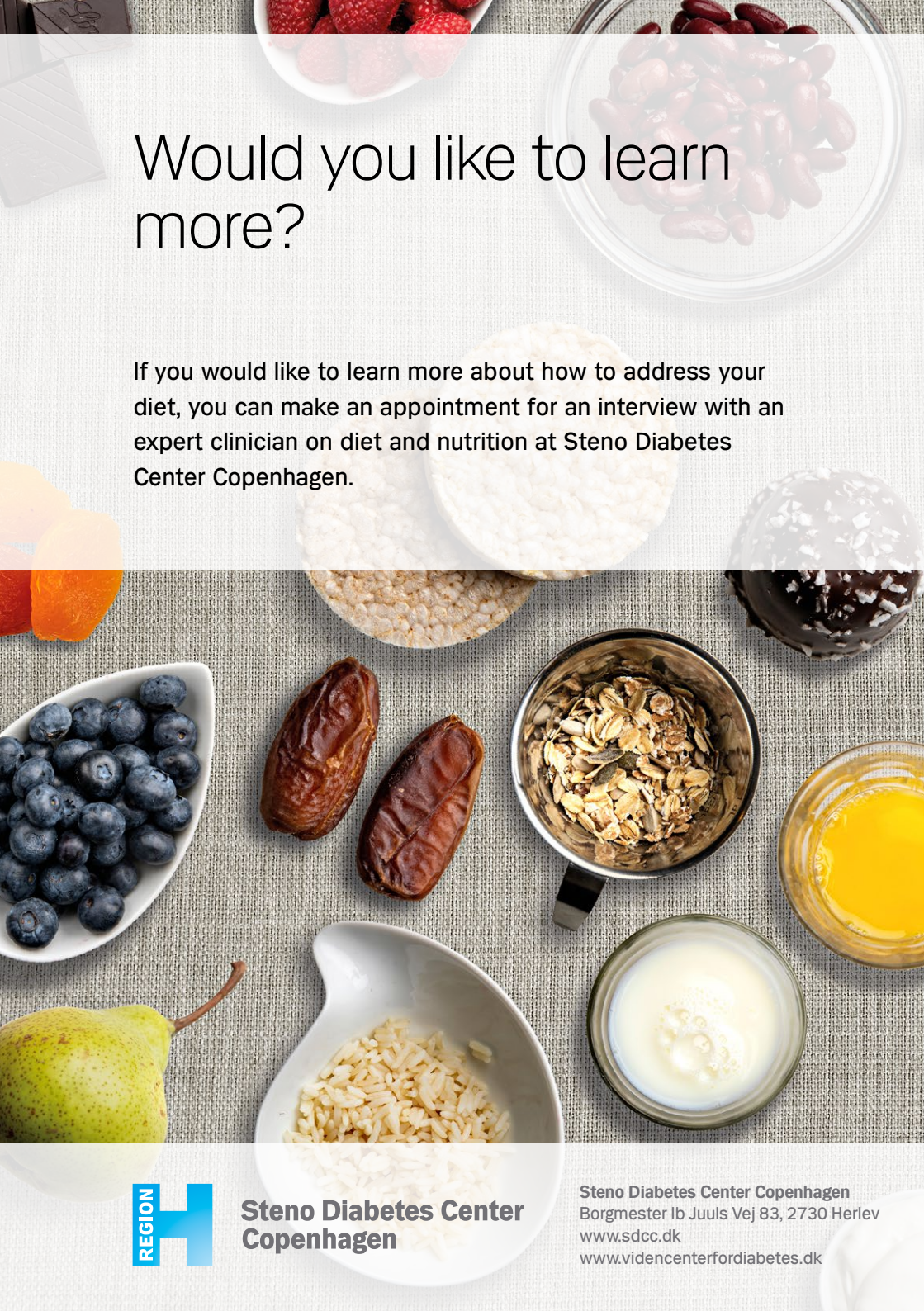
	Size of serving	Weight	Carbohydrates	Fat
Sushi, maki	1 pcs		3-5 g	
Sushi, nigiri	1 pcs		5-7 g	
Sushi, on cauliflower rice	1 pcs		1 g	
Tartelette with stuffing	1 pcs	96 g	12 g	10 g
Tomato ketchup	1 tbsp.	15 g	3 g	0 g
Tomato soup, Karoline	1 serving	250 g	13 g	8 g

g = gram

1. Estimated size of serving

2. Source: Rapport: Næringsindhold i fastfood. Danmarks Fødevareforskning: Pub. Nr. 21 (oktober 2006)

3. Source: www.mcdonalds.dk (oktober 2007)



Would you like to learn more?

If you would like to learn more about how to address your diet, you can make an appointment for an interview with an expert clinician on diet and nutrition at Steno Diabetes Center Copenhagen.



**Steno Diabetes Center
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