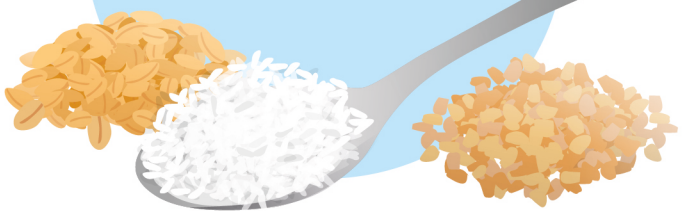


Tips for carbohydrate counting

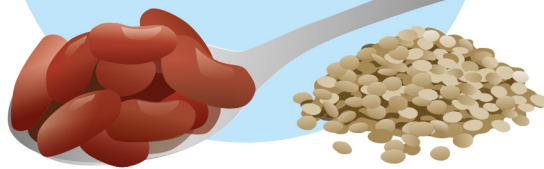
1

1 tbsp boiled rice, quinoa, bulgur, couscous or grains
5 g carbohydrates



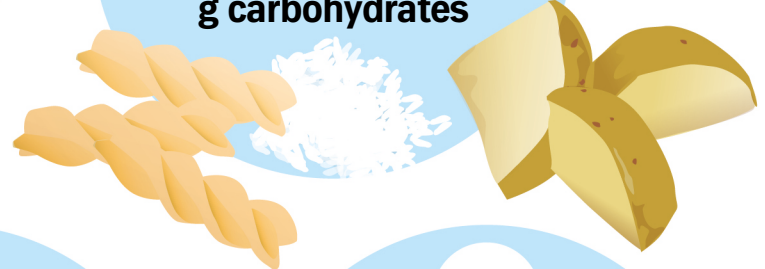
2

1 large tbsp of cooked legumes such as chickpeas, kidney beans or lentils
5 g carbohydrates



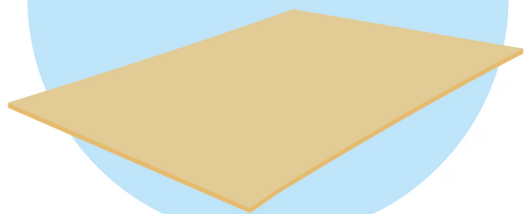
3

Cooked pasta, boiled rice or oven-baked potatoes
 $\frac{1}{4}$ of the weight = g carbohydrates



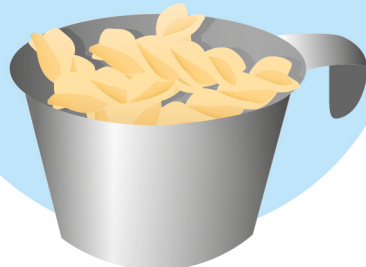
4

1 lasagne sheet
15 g carbohydrates



5

1 small dl of cooked pasta
10 g carbohydrates



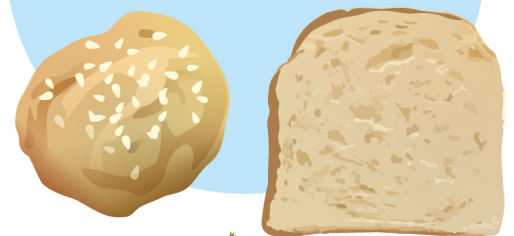
6

1 boiled potato the size of an egg
10 g carbohydrates



7

Half the weight of whole wheat and white bread = g carbohydrates



8

1 handful of nuts or almonds
5 g carbohydrates



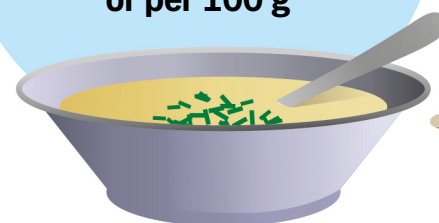
9

Blended vegetable soup without potatoes or other starchy ingredients
5-7 g carbohydrates per dl or per 100 g



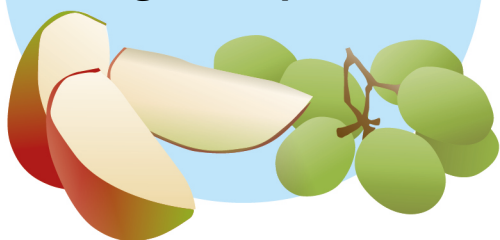
10

Blended vegetable soup with potatoes, lentils or other starchy ingredients
7-10 g carbohydrates per dl or per 100 g



11

1 handful of fruit the size of a tennis ball.
10 g carbohydrates



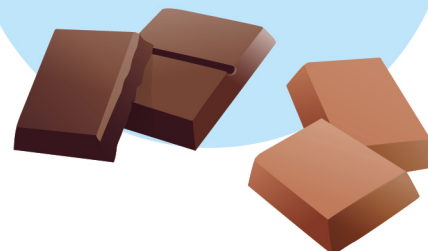
12

1 tbsp raisins or a children's package
10 g carbohydrates



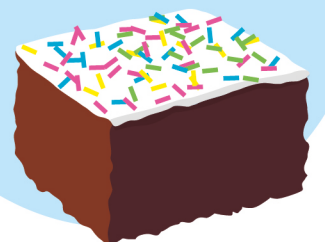
13

70% chocolate: **$\frac{1}{3}$ of the weight = g carbohydrates**
Milk chocolate: **$\frac{1}{2}$ of the weight = g carbohydrates**



14

Half the weight of cake = g carbohydrates



15

Sugari candy such as wine gum or liquorice: **$\frac{3}{4}$ of the weight = g carbohydrates**
or 2-4 pieces of candy:
10 g carbohydrates



16

'Old-fashioned' ice cream cones:
1 ball: **10 g carbohydrates**
1 cone: **10 g carbohydrates**
1 chocolate covered marshmallow:
10 g carbohydrates
Cream: **0 g carbohydrates**
Sweets: **10 g carbohydrates**



17

Ice lolly
10-15 g carbohydrates

