



No or low carbohydrate foods

The following tables contain a list of foods that has no or very low carbohydrate (i.e. negligible carbohydrate or less than ½ CP) **ONLY** AT THE AMOUNT SPECIFIED IN THE SERVING SIZE COLUMN

Starchy Vegetable List

Food	Serving size
*Carrot, peeled, raw	1 medium carrot, 21 cm long (152g)
Baby corn spears, canned, drained	10 baby corn cobs
Baby corn spears, fresh, 9.5 cm long	2 baby corn cobs
Swede, peeled, boiled, chopped	1 cup
Swede, peeled, raw, chopped	1 cup

Legumes, Nuts and Seeds List

Food	Serving Size
Soya beans, canned, drained	1/2 cup
Soya beans, dried, boiled	1/2 cup
Split peas, dry, boiled	1/2 cup
Almond, blanched, chopped	1/2 cup
Almond, blanched, whole	1/2 cup
Almond, with skin	1/2 cup
Almond, meal	2 tbsps
Brazil nut, raw or blanched	1/2 cup
Brazil nut, raw or blanched, chopped	1/2 cup
Hazelnut, raw	1/2 cup
Macadamia, whole	1/2 cup
Pecan, unsalted	1/2 cup
Pine nuts, raw	1 tbsps
Pistachio, unshelled, equals ¼ cup shelled	1/2 cup
Poppy seeds	1 tbsps
Sesame seeds	1 tbsps
Sunflower seeds	1/2 cup
Tahini (sesame seed paste)	1 tbsps
Walnut, shelled, golden or brown, chopped	1/2 cup

Dairy, soy and alternatives List

Food	Serving Size
My First Yoghurt, Vaalia™, average all flavours	1 pot



Fruits List

Food	Serving Size
Lemon, peeled, 7.5 cm x 6.5 cm (150 g)	1
Lime, peeled, (70 g)	1
Mandarin (imperial), peeled and seeded, 4.5 cm x 6 cm (80 g)	1
*Mangosteen	100g
Passionfruit, 5.5 cm x 5cm	1
*Pepino, peeled (135 g)	1
Rhubarb, cooked, not sweetened, stewed	1/2 cup
Rhubarb, raw, stalk only, diced	1 cup
Rockmelon, peeled and seeded, 10 cm long, more than 2 cm thick	1 thick slice
Strawberry, fresh, whole fruit	1 cup

Flours, Grains and Powders

Bran, rice, low processed, raw	2 tblsps
Bran, wheat, unprocessed, raw	1 tblsp
*Psyllium husks	1 tblsp
Wheat germ	1 tblsp

Restaurant and Takeaway Foods

Food	Serving Size
Bean curd (tofu), deep fried	1 cup
Beef in oyster sauce	1 cup
Spring roll, fried, Vietnamese style, 7 cm x 2.5 cm x 2 cm	1 roll
Wonton, steamed/boiled, pork	1 medium wonton
Miso soup with tofu pieces	1 cup
Seaweed, dried	1/2 cup
Seaweed, raw	1/2 cup
Seaweed, wakame, 1 serve	2 tblsps
Tofu, firm	1/2 cup
Garden salad	1 serve
Italian dressing	1 serve



Snack food List

Food	Serving Size
Ice cream cone, cone only	1 cone
*Le Snack™, average all flavours, Uncle Tobys	1 snack pack

Beverages

*Cappuccino, flat white or latte, regular fat milk 180ml	1 regular cup
Celery juice, 250 ml	1 cup
Vegetable juice, tomato based, no sugar added, e.g. V8™ 250ml	1 cup
Wheatgrass juice, 30 ml	1 shot
Sugar, all varieties	1 tblsp

*If you are on insulin pump you count this as a ½ exchange

Carbohydrate Counting References

The Traffic Light Guide to Food Carbohydrate Counter, Diabetes Education Centre, RNSH (2009).