

Carbohydrate Exchange List

| Starch lists | 1 CHO | 1 CHO | 1 CHO | 1 CHO |
|--|----------------|---------------|--|----------------|
| Breakfast Cereal, Porridge | Portion | Weight | Crackers and snacks | Portion |
| | | | Weight | |
| All Bran, High Fibre bran | ½ cup | 25g | Provitas | 3 |
| Muesli | ⅓ cup | 30g | Ryvitas | 2 |
| Weetbix, Oatbix, Nutrifix | 1 | 19g | Melba Toast | 4 slices |
| Pronutro (Great Start) | ⅓ cup | 25g | Cream cracker | 3 |
| Maximize, Otees | ½ cup | 20g | Bran S | 1 |
| Cornflakes, Frosties | ¾ cup | 20g | Rice cakes, 10cm | 2 |
| Rice Crispies, Chocos | ¾ cup | 20g | | |
| Soft maize meal porridge, Phutu, | ½ cup | 100g | Matzo | ½ large |
| Stiff maize meal porridge, samp | ⅓ cup | 60g | Popcorn | 3 cups |
| Crumbly maze meal porridge | ¼ cup | 45g | Cookies | 2 |
| Oats | ½ cup | 100g | Crackers, savoury, cheddars | 6 |
| Mageu | 1 cup | 250g | Vita Snack | 20 |
| Oatbran | | 30g | Wheatworth | 5 |
| Matabella porridge | ½ cup | 100g | Biscuits, digestive | 2 |
| Breads | | | Starchy Vegetables | |
| Bread (white, brown, ww) | 1 slice | 30g | Potatoes | |
| Seed loaf, Rye bread | 1 slice | 30g | Mashed | ½ cup |
| Pumpernickel bread | 1 slice | 40g | Boiled | 1 medium |
| Bread with Kernels or crushed wheat or rolled oats | 1 slice | 40g | Jacket | 1 medium |
| Rusk | 1 | 40g | Chips | 10 chips |
| Bread-slim slice | 2 slices | 45g | Roasted | 1 medium |
| Raisin bread | 1 slice | 30g | Crisps | 1 Packet |
| Roll (hotdog/hamburger) | ½ | 30g | Baby potatoes | 2 small |
| Pita bread, 15cm | ½ | 90g | Sweet potatoes | ½ cup |
| Bagel | ½ | 30g | Corn, whole kernel | ½ cup |
| Tortilla, 15 cm | 1 | 35g | Corn on the cob | 1 medium |
| Taco shells, 15cm | 2 | | Corn, sweet & creamed | 1/3 cup |
| Crumpets | 2 | 75g | Green peas | ½ cup |
| Pancakes | 1 | 70g | Mixed veg: without corn, peas, pasta or potatoes | 1 ½ cups |
| English Muffin | ½ | 35g | Mixed veg: with corn, peas, pasta or potato | 1 cup |
| Waffle, 20cm | ½ | | Butternut, pumpkin | 1 cup |
| Starches | | | Roti, small | 1 |
| Rice | ⅓ cup | 70g | Milk List | |
| Couscous, cooked | ⅓ cup | 75g | Goat or Soya Milk | 1 cup |
| Macaroni, spaghetti | ½ cup | 100g | Milk, FC, LF & skimmed | 1 cup |
| 2 Minute Noodles | ½ cup | 25g UC | Milk, flavoured, Mina Moo | 1 cup |
| Pulses | | | Non fat, dry milk | ¼ cup |
| Baked beans | 1/3 cup | 100g | Plain yoghurt, LF, FF | ¾ cup |
| Red Kidney beans (UC) | ½ cup | 100g | Sweetened yoghurt | 1 small tub |
| Lentils | ½ cup | 100g | Low fat drinking yoghurt | ½ cup |

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| Chickpeas | ¼ cup | 45g | Buttermilk | 1 cup | 250ml |
| Bean salad | ½ cup | 100g | Maas/amasi/sour milk | 1 cup | 250ml |
| | | | Whole milk powder | 7 Tbs | 35g |
| Fruit List | 1 CHO | 1 CHO | Other Carbohydrates | | |
| Fresh Fruit | Portion | Weight | Cereal Snacks | Measurement | CHO amount |
| Apple, small | 1 | 115g | Bokomo Breakfast Bar | 32g | 22g |
| Apricots, whole | 4 | 155g | Bokomo Rainbow Crunchies | 18g | 16g |
| Banana, small | 1 | 75g | Kelloggs Krispies Treats | | 15g |
| Cherries, sweet | 12 | 85g | Kelloggs Special K Bar | 23g | 17g |
| Figs, medium | 2 | 90g | Jungle Oats Bar | | |
| Fruit salad | ⅔ cup | 140g | | | |
| Gooseberry | 1 ½ cup | 255g | Confectionary | | |
| Grapefruit, large | ½ | 310g | Brownie, small, unfrosted | 5 cm square | 15 |
| Grapes, small | 15 | 85g | Cake, plain | 5cm square | 15 |
| Granadilla, med | 4 | 120g | Cake, with icing | 5cm square | 30 |
| Guava, med | 2 | 190g | Cookie, plain | 2 small | 15 |
| Kiwi | 2 | 110g | Biscuit with filling: Oreo | 1 | 15 |
| Litchi | 10 | 90g | Cupcake, with icing | 1 small | 15 |
| Mango, small | 1 | 155g | Doughnut, plain | 1 med/45g | 23 |
| Minneola | 1 | 185g | Doughnut, glazed, with jam | 1 med/60g | 30 |
| Naartjie | 2 | 230g | Vanilla wafers | 5 | 15 |
| Nectarine, small | 1 | 140g | Honey, jams | 1 Tablespoon | 15g |
| Orange, small | 1 | 180g | Chips/Popcorn | | |
| Pawpaw | 2 slices | 230g | Big Korn bites/Fritos | 25g | 13g |
| Peach, med | 1 | 170g | Cheese Naks/Niknaks | 22g | 11g |
| Pear, large | ½ | 115g | Flings | 14g | 9g |
| Pineapple | ¾ cup | 125g | Jumpin Jack Popcorn | 14g | 7g |
| Plums, small | 2 | 140g | Diddle Daddle Caramel | 22g | 20g |
| Prickly pear | 2 | 180g | Pretzola (Pyotts) | 40g | 27g |
| Spanspek/Melon | 1 cup, cubes | 310g | Four (white) | 1 teaspoon | 5g |
| Strawberries | 1 ¼ cup | 200g | Desserts | | |
| Watermelon | 1 slice | 220g | Custard, using custard powder | ½ cup | 22g |
| Dried Fruit | | | Ice cream | ½ cup | 15g |
| Apples | 4 rings | 20g | Ice cream, light | ½ cup | 15g |
| Apricots | 8 halves | 30g | Ice cream, FF, no sugar added | ½ cup | 15g |
| Dates | 3 | 20g | Mega lite | 1 | 22.6 |
| Figs | 2 | 25g | Jelly, regular | 1 Tbsp | 15 |
| Peaches, Pear | 2 halves | 25g | Ultra Mel lite custard | ¾ cup | 15 |
| Prunes | 3 | 25g | Sweets | | |
| Raisins | 2 Tbsp | 20g | Fruit pastilles/gums | 1 roll/30g | 30 |
| Stewed fruit | 1/3 cup | | Granola bar | 1 bar | 15 |
| Canned Fruit | | | Marshmallow | 2 / 20g | 15 |
| Applesauce, unsweetened | ½ cup | 145g | Super C | 5 / 15g | 15 |
| Fruit salad | ½ cup | 140g | Jelly tots | 1 small pkt | 30 |
| Peaches, Pears, | ½ cup | 125g | Hard boiled sweets:sparkles | 10 / 30g | 30 |
| Grapefruit, Mandarin | ¾ cup | 200g | Toffees | 5 / 25g | 15 |
| Pineapple, plums | ½ cup | 100g | Chocolate, plain | 4 blocks | 15 |

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| Blueberries | $\frac{3}{4}$ cup | 140g | Weighless Fruit gums | 1 pkt /40g | 20g |
| Cherries | $\frac{1}{2}$ cup | 100g | Canderel chocolate | 4 blocks | 4g |
| Fruit Juices | | | Slimslab | 20 | 15g |
| Fruit juice, all flavours | $\frac{1}{2}$ cup | 125ml | Safari Just Fruit bar | 32g | 20g |
| Tropika | $\frac{1}{2}$ cup | 125ml | Sugar (white or brown) | 1 teaspoon | 5g |