

Gluten Free Carbohydrate List

Food	Serve	Carb Grams	Exch
BREADS			
Bread, mixed grain GF	1 slice (36g)	12	1
Bread, white GF	1 slice (36g)	13	1
Corn tortilla GF	1 regular (40g)	18	1
Taco shell	1 regular (11g)	6	0
Wrap GF	1 medium (42g)	30	2
CEREAL			
Corn Flakes (Kellogg's) GF	1 cup (35g)	28	2
Porridge rice, cooked	3/4 cup (180g)	15	1
Puffed Rice	3/4 cup (20g)	15	1
Rice Flakes	1 cup (40g)	29	2
Sultana Bran (Kellogg's) GF	2/3 cup (45g)	32	2
Weet-Bix (Sanitarium) GF	2 biscuits (30g)	21	1.5
CHOCOLATE/ DESSERTS			
Chocolate, plain milk/dark	1 small (12g)	7	0.5
	1 treat size (15g)	11	0.5
	4 squares (25g)	15	1
	1 bar (50g)	40	2.5
Macaron, almond	thin icing (12g)	6	0
	thick icing (20g)	10	0.5
Pannacotta	1/2 cup (130g)	22	1.5
Pavlova, cream topped	1 slice (75g)	43	3
Rice pudding GF	1/3 cup (80g)	18	1
Ice cream scoop GF	2 small (100ml)	10	0.5
Sorbet, non-dairy scoops	2 small (100ml)	19	1.5
CRACKERS			
Corn thins	2 crackers	8	0.5
Rice cakes, thick	1 cake	7	0.5
Rice cakes, thin	2 cakes	8	0.5
Rice crackers	10 crackers	15	1
DAIRY PRODUCTS			
Custard GF	1/3 cup (90g)	12	1
Yoghurt, flavoured	200g tub	27	2
Yoghurt, natural	1/2 cup (100g)	8	0.5
Yoghurt, kids pouch	70g pouch	13	1

Food	Serve	Carb Grams	Exch
DRINKS DAIRY / JUICE			
Fruit juice, all	1/2 cup (125ml)	14	1
Milk, flavoured GF	1 cup (250ml)	24	1.5
Milk, full cream	1 cup (250ml)	16	1
Milk, low fat	1 cup (250ml)	15	1
Soy drink GF	1 cup (250ml)	15	1
Up'n'Go, popper GF	1 carton (250ml)	25	1.5
FLOUR / GRAINS			
Besan, chickpea flour	1 cup (92g)	36	2.5
Buckwheat flour	1 cup (120g)	80	5.5
Cornflour GF	2 tablespoons	22	1.5
Gluten free flour	1 cup (130g)	104	7
Polenta, dry	1/4 cup	31	2
Quinoa flour	1 cup (180g)	103	7
Rice flour	1 cup (158g)	127	8.5
Soy flour	1 cup (141g)	39	2.5
FRESH FRUIT			
Apple, medium	1 (160g)	15	1
Apricot	1 small	4	0
Banana, medium	16cm (110g)	22	1.5
Cherries	1 cup (176g)	17	1
Fruit salad - mostly melon, grapes, pineapple	1 cup (206g)	15	1
Grapes	1 cup (169g)	26	1.5
Kiwifruit	1 small (78g)	7	0.5
Mandarin	1 small	7	0.5
Mango, medium	1 medium	25	1.5
Nectarine, medium	1 (147g)	12	1
Orange, medium	1 (153g)	13	1
Peach, medium	1 (140g)	12	1
Pear	1 small (125g)	12	1
Pineapple	1 slice (110g)	9	0.5
Plum	1 small (110g)	5	0
Rockmelon	1 1/2 cup (170g)	12	1
Watermelon	1 cup diced	10	0.5

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FRUIT PROCESSED			
Apple, dried	4 rings	18	1
Apricots, canned	7 halves	15	1
Apricots, dried	8 halves	17	1
Fruit salad, canned	1/2 cup, drained	9	0.5
Lychees, in syrup, drained	7 pieces (91g)	16	1
Peaches, canned, drained	10 slices	15	1
Pears, canned	2 halves	10	0.5
Pineapple, canned, drained	3 rings	12	1
Sultanas	1 tablespoon	8	0.5
Two fruits, canned	1/2 cup (100g)	12	1
LEGUMES			
Baked beans	1/2 cup (140g)	14	1
Chickpeas, canned, drained	1/2 cup (93g)	12	1
Chickpeas, roasted snacks	1/3 packet (25g)	10	0.5
Edamame, frozen, steamed	1/2 cup (81g)	4	0
Kidney beans, canned, drained	1/2 cup (95g)	13	1
Lentils, cooked	1/2 cup (93g)	11	0.5
Mixed beans, canned, drained	1/2 cup (95g)	13	1
NUTS / SEEDS			
Almonds with skin	1/2 cup (80g)	4	0
Cashew nuts	1/2 cup (75g)	20	1.5
Peanuts roasted, unsalted	1/2 cup (70g)	10	0.5
Pumpkin seeds, Pepitas	1/2 cup (73g)	2	0
Sunflower seeds	1/2 cup (25g)	7	0.5
PASTA /RICE / NOODLES			
Buckwheat soba noodles, cooked	1 cup (170g)	46	3
Flat rice noodles, cooked	1 cup (150g)	25	1.5
Lasagne sheet, dry GF	1 sheet	10	0.5
Pasta, cooked GF	1 cup (150g)	50	3.5
Quinoa, cooked in water	1 cup (193g)	31	2
Rice paper	1 sheet (22cm)	11	0.5
Rice vermicelli, cooked	1 cup (130g)	36	2.5
Rice, boiled	1 cup (180g)	50	3.5
SAUCES			
BBQ GF	1 tablespoon	10	0.5
Tomato	1 tablespoon	5	0
Soy sauce GF	1 tablespoon	2	0
Sweet'n'sour GF	1 tablespoon	10	0.5

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SNACK FOODS			
Corn chips	1 handful (10)	13	1
	1 packet (50g)	30	2
Potato chips	1 packet (50g)	25	1.5
Rice Wheels	1 packet (18g)	14	1
Popcorn	2 cups	7	0.5
Protein nut bar GF	1 bar	9	0.5
SPREADS / SUGAR			
Honey	1 tablespoon	23	1.5
	1 teaspoon	6	0
Jam	1 tablespoon	18	1
Nutella	1 tablespoon	11	0.5
Sugar	1 teaspoon	5	0
TAKEAWAYS			
Fried rice GF	1 cup	45	3
Hot chips GF	10 chips	16	1
Muffin, banana GF	1 x medium (185g)	65	4.5
Rice paper roll (rice noodles, meat, vegetables)	1 medium roll	11	0.5
Sushi Roll GF	1 roll	25	1.5
VEGETABLES			
Corn cob	1 medium, 12cm	18	1
Corn kernels	1/2 cup (85g)	17	1
Potato, mashed	1 cup (240g)	27	2
Potato, boiled, pale no skin	1 medium (122g)	15	1
Pumpkin, mashed	1 cup (215g)	15	1
Sweet potato	1 cup (212g)	36	2.5
Sweet potato, mashed	1/4 cup (80g)	13	1
Taro, steamed	1 medium (60g)	15	1