

Carbohydrate Counting Food List

Carbohydrate content of commonly eaten foods

TYPE OF FOOD	WEIGHT OF FOOD*	PORTION	CARBOHYDRATES (g)
RICE & NOODLES#			
Rice (White)	200 g	1 rice bowl (~12 heaped dsp)	~60
Rice (Brown)	200 g	1 rice bowl	~60
Rice porridge	260 g	1 rice bowl	~30
Rice noodles	200 g	1 rice bowl	~45
Pasta / egg noodles #cooked	200 g	1 rice bowl	~60
BREADS, BISCUITS, CEREALS			
Bread – white/wholemeal	30 g	1 slice	~10-15
Hamburger bun	30 g	½ medium	~15
Plain hotdog roll	30 g	½ roll	~15
Chapati	60 g	1 piece	~30
Cream crackers	15 g	3 piece	~15
Marie biscuits	21 g	3 piece	~15
Digestive biscuits (plain)	20 g	1 piece	~10
Cookies (e.g. Julie's peanut butter cookies)	15 g	2 piece	~15
Oats (dry, instant)	22 g	3 heaped dsp	~15
Oats (dry, rolled)	23 g	2 heaped dsp	~15
Cornflakes	28 g	1 cup	~25
Bran flakes	20 g	½ cup	~15
STARCHY VEGETABLES			
Baked beans	75 g	⅓ cup	~15
Potato (cooked)	90 g	1 size of large egg	~15
Sweet potato / yam	60 g	½ medium	~15
Corn on the cob	75 g	½ medium	~15
Corn kernels (fresh / frozen / canned)	75 g	4 dsp	~15
Green peas	105 g	½ cup	~15
LEGUMES			
Chickpeas	75 g	½ cup (3 heaped dsp)	~15
Lentils (e.g. Dhal)	75 g	½ cup (3 heaped dsp)	~15
Beans – green / red / black / mung	75 g	½ cup (3 heaped dsp)	~15
MILK AND ALTERNATIVES			
Liquid milk (non-flavoured)	250ml	1cup	~12-15
Flavoured milk	125ml	½ cup	
Powdered milk		6 heaped tsp	
Evaporated milk	125ml	½ cup	
Soymilk (regular)	200ml	¾ cup	
Soymilk (reduced sugar)	250ml	1 cup	
Unsweetened yoghurt	125ml	½ cup	
Sweetened/fruit yoghurt	100g	⅓ cup	

TYPE OF FOOD	WEIGHT OF FOOD*	PORTION	CARBOHYDRATES (g)
FRUITS			
Apple (red/green)	150 g	1 small	~15
Apricots, fresh	135 g	3 medium	~15
Apricots, dried	30 g	3 whole	~15
Banana	100 g	1 small (9 – 10 cm long)	~15
Blueberries	120g	¾ cup	~15
Cherry	60 g	12 piece	~15
Dates	20 g	2 piece	~15
Dragonfruit	140 g	½ whole	~15
Durian	50 g	1 large / 2 medium seed	~15
Grapes	75 g	~15 small / ~ 8 big	~15
Honeydew	125 g	1 slice	~15
Jackfruit	200 g	3 medium seed	~15
Kiwi	100 g	1 large / 1½ medium	~15
Longans	100 g	8 piece	~15
Lychees	100 g	7 piece	~15
Mango	100 g	½ small	~15
Orange	140 g	1 medium	~15
Papaya	150 g	1 slice	~15
Pineapple	140 g	1 slice	~15
Peach	100 g	1 small / ½ large	~15
Pear	150 g	1 small / ½ large	~15
Pomelo	150 g	1 ½ section	~15
Pineapple	150 g	1 slice	~15
Plum	120 g	2 small / 1 ½ medium	~15
Prunes, dried	25 g	3 piece	~15
Raisins	20 g	2 tbsp	~15
Rambutans	110 g	3 piece	~15
Starfruit	300 g	1 medium	~15
Watermelon	220 g	1 slice	~15
FRUIT JUICES**			
Apple juice	125 ml	½ cup	~15
Orange juice	200 ml	¾ cup	~15
Prune juice	85 ml	⅓ cup	~15
<i>**These are unsweetened/'no added sugar' juices. Read product labels for carbohydrate content.</i>			
SUGARS			
Sugar		3 tsp	~15
Fruit jam – regular		3 tsp	~15
Honey		3 tsp	~15
Pancake syrup		3 tsp	~15
Condensed milk		4 tsp	~15
Milo® powder, regular		4 tsp	~15
Milo® Gao powder, no added sugar		5 tsp	~15
Milo® powder, Australian recipe		4 tsp	~15

TYPE OF FOOD	WEIGHT OF FOOD*	PORTION	CARBOHYDRATES (g)
NUTS			
Almond	60g	½ cup	~15
Cashew	50g	½ cup	~15
Macademia	40g	⅓ cup	~15
Mixed nuts	50g	½ cup	~15
Peanut, roasted without oil	50g	½ cup	~15

*Weight of food = food item weighed on a weighing scale

Other Vegetables

Each ½ cup serving (cooked) = 5 g carbohydrates.

(Team will tell you if you need to count carbohydrates from this list).

Asparagus	Green beans	Snow peas
Broccoli	Ladies finger	Spinach
Cabbage	Mushrooms	Squash
Carrots	Onions	Tomato (1 medium)
Cauliflower	Pumpkin	

The following vegetables can be eaten as desired because they contain only small amounts of carbohydrates:

Beansprouts	Chye sim	Lettuce
Brinjal	Cucumber	Marrow
Capsicum (bell pepper)	Dou miao	Peh chye
Celery	Kailan	Watercress
Chinese Cabbage	Kang kong	

Free Foods

Free foods contain < 5g of carbohydrates per serving. They have little effect on your blood sugar levels and need not be counted in your food plan.

No restriction but take in moderation	Keep to 1 serving per day:
Spring/mineral water Coffee/tea (plain) 'Diet' soft drinks Club soda/soda water Seasoning herbs & spices Ginger, garlic, parsley Vinegar, Worcestershire sauce Artificial sweeteners	1 tbsp condiments (ketchup, chilli sauce, BBQ sauce, mustard) 2 tsp non-dairy creamer 2 tsp low sugar/sugar-free fruit jam 1 tbsp fat-free salad dressings 1 tbsp cocoa powder 2 tsp wheat/oat bran or wheat germ

Common local dishes

These are the carbohydrate content of foods or dishes commonly taken in Singapore. You may need to adjust the amount of carbohydrate accordingly, as the portion sizes may vary for different stalls. Keeping a food and blood glucose log is helpful in monitoring blood glucose patterns and its relation to the carbohydrate content of foods.

Carbohydrate content of foods commonly eaten in Singapore

Food	Portion	Carbohydrates (g)
Rice Dishes		
Chicken rice	1 portion	75
Claypot rice	1 portion	93

Food	Portion	Carbohydrates (g)
Dumpling, rice, with meat filling, Chinese	1 dumpling	39-59
Lontong	1 portion	43
Lor mai kai	1 portion	55
Nasi biryani with chicken	1 portion	102
Nasi lemak (with egg, anchovies, chilli sauce)	1 plate	58
Porridge, century egg (with minced pork)	1 portion	38
Porridge, duck	1 portion	53
Porridge, fish	1 portion	40
Rice, fried, Chinese	1 portion	66
Noodle dishes		
Ban mian, soup (with egg, anchovies, minced pork & green vegetables)	1 portion	50-60
Ban mian, fried fish	1 portion	71
Beehoon, fried (economic)	1 portion	85
Beehoon, satay	1 portion	76
Beehoon, vegetarian, fried	1 portion	83
Carrot cake, fried	1 plate	42
Char kway teow	1 portion	76
Ee mee with seafood	1 portion	78
Hor fun	1 portion	91
Hor fun, Ipoh (with char siew, shredded chicken & vege)	1 portion	66
Kway chap	1 portion	39
Laksa lemak	1 portion	58
Lor mee	1 portion	55
Macaroni, chicken, soup	1 portion	43
Mee pok, fish ball	1 portion	57
Mee rebus	1 portion	60-75
Mee siam	1 portion	82
Mee soto	1 portion	60
Noodles, chicken feet, dry	1 portion	65
Noodles, fish ball, dry	1 portion	55
Noodles, fish ball, soup	1 portion	57
Noodles, fried, Hong Kong	1 portion	63
Noodles, mushroom and minced pork, dry	1 portion	50
Noodles, prawn, fried, Hokkien	1 portion	69
Noodles, prawn, soup	1 portion	50
Noodles, wanton, dry	1 portion	55
Noodles, wanton, soup	1 portion	41
Ramen soup	1 portion	70
Udon, beef, soup	1 portion	55
Soup dishes		
Soup, mutton (<i>sup tulang</i>)	1 portion	13
Soup, cabbage with pork ribs	1 portion	3
Soup, pig intestines and salted vegetables	1 portion	6

Food	Portion	Carbohydrates (g)
Bread, buns and biscuits		
Bun, cheese	1 bun	25
Bun, chicken curry	1 bun	30
Bun, coconut	1 bun	26
Bun, kaya	1 bun	34
Bun, red bean	1 bun	30-40
Bun, sausage	1 bun	26
Bun, vegetarian	1 bun	21
Chapati, plain	1 piece	28
Croissant, plain	1 piece	35
Doughnut	1 doughnut	35
Idli (Diameter: 9cm)	1 piece	15
Pau, char siew	1 pow	25
Pau, lotus paste	1 pow	30-40
Pau, red bean	1 pow	33
Puri	1 piece	17
Roti Jala (Length: 14 cm)	1 piece	17
Roti John	1 loaf	60-77
Prata, plain	1 piece	25-30
Prata, with egg	1 portion	30
Thosai, plain	1 piece	35
Thosai, masala	1 piece	52
Rawa dosai	1 piece	34
Local cakes and pastries		
Ang koo kueh, coconut filling	1 piece	18
Ang koo kueh, green bean filling	1 piece	28
Ang koo kueh, peanut filling	1 piece	26
Bingka ubi kayu	1 piece	30
Egg tart	1 tart	18
Ham chim peng, plain	1 piece	28
Ham chim peng, red bean filling	1 piece	45
Jemput pisang	1 piece	33
Mee chang kueh, peanut filling	1 piece	33
Pineapple tart	1 piece	11
Yau Char Kueh (You tiao)	1 pair	25
Desserts		
Bubor cha cha	1 portion	52
Chendol	1 portion	59
Cheng tng	1 portion	53
Ice kacang	1 portion	58
Tau suan, topped with you tiao	1 portion	65
Snacks		
Chee cheong fun, plain with sauce	1 piece	26
Chee cheong fun, shrimp filling	1 piece	15
Chee cheong fun with char siew	1 piece	11

Food	Portion	Carbohydrates (g)
Chinese rojak	1 portion	51
Chwee kway	1 piece	11
Curry puff, deep fried	1 piece	20-35
Curry puff, sardine (small)	1 piece	11
Dim sum, prawn dumpling, steamed	1 piece	3
Indian rojak, flour dough, deep fried	1 plate	48
Pancake, red bean filling	1 piece	33
Pandan, chiffon cake	1 piece	15
Pisang goreng	1 piece	11-35
Popiah	1 piece	14
Putu mayam	1 portion	19-38
Soon kway, steamed	1 piece	18
Spring roll, deep fried	1 roll	11
Sushi with salmon slice	1 piece	10
Sushi, grilled eel	1 piece	8
Vadai	1 piece	14
Waffle, kaya topping	1 piece	50
Waffle, peanut butter topping	1 piece	46
Waffle, red bean paste topping	1 piece	71
Beverages		
Bandong	1 glass	32
Barley water	1 glass	14
Coffee (regular) coffee shop	1 cup	15
Coffee (less sweet) coffee shop	1 cup	10
Coffee, 3-in-1, powder	1 sachet	17
Milo 3-in-1	1 sachet	18
Fast Foods		
McDonald's, burger, Big Mac	1 whole	46
McDonald's, burger, Fillet-o-Fish	1 whole	38
McDonald's, burger, McChicken	1 whole	44
McDonald's, chicken nuggets	6 pieces	18
McDonald's, apple pie	1 piece	26
McDonald's, potato fries	1 medium	42
McDonald's, ice cream with cone	1 portion	27
Subway, 6inch sandwich	1 whole	45-55

Please Call-A-Dietitian Hotline 983 22 983 if you have any further nutrition-related queries.

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Khoo Teck Puat Hospital • (65) 6555 8000 • www.ktph.com.sg

Yishun Community Hospital • (65) 6807 8800 • www.yishuncommunityhospital.com.sg

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