

























Carbohydrate Counting High School Meals: Handy Measures

Food	Handy Measure	Approximate Carbohydrate Content
Bread Products		
Panini	1 x average panini 	45-50g
Bread roll	Average (shop bought rolls Sized/burger bun) 	25g
Bread roll	Average Large bun/barm 	40-50g
Baguette	1 inch slice baguette 	10g
Filled Baguette	Average 	60-80g
Bread	Medium slice 	15g
Bread	Thick Slice 	20g
Wrap	10 inch wrap 	30g
Pizza	Average Slice 	25-30g

Food	Handy Measure		Approximate Carbohydrate Content
Pasta & Rice			
Pasta (cooked)	1 tablespoon (~30g)		10g
Pasta pot (e.g. Pasta King)	1 average pot		50-60g
Garlic bread	1 inch slice baguette		10g
Rice (cooked)	1 tablespoon (~30g)		10g
Potatoes			
Jacket potato	1 average (fist sized~220g)		45g
Potato	1 egg sized		10g
Mashed potato	1 semi/half ice cream-scoop (60g)		10g
Chips	5 medium cut (~33g)		10g
Chips	Average side portion of chips		30g
Fries	1 small portion		30g

Food	Handy Measure	Approximate Carbohydrate Content
Fruit & Vegetables		
Grapes	1 large grape/2 small grapes 	1g
Apple	Tennis ball size  	10g
Banana	1 average 	20g
Baked Beans	1 tablespoon (~33g) 	5g
Melon	1 average slice (150g) 	10g
Fruit salad pot	Average fruit pot 	20-25g

Food	Handy Measure	Approximate Carbohydrate Content
My own handy measures		

Hints & tips for getting it right

- Practice “guesstimating” carbs in the foods you eat at home over the summer and then weigh your portions to check whether your guess is correct. This will improve your accuracy over time – to see what is on the school menu, ask the school for a copy of the menu.
- If you have the Carbs and Cals book or app this will help you to visually estimate the carbs in your school portion
- Try to inject/bolus for your lunch before you eat. If you are unsure what you are going to eat, then just as you are about to eat is fine, but you may benefit from a faster acting insulin if this is the case (speak to your diabetes team about this)
- Monitor your glucose levels after lunch at school for the first few weeks – if you always go high after a particular meal, that suggest you are underestimating the carbohydrate content so increase your estimate a bit. If you always go low, it may mean that you are overestimating the carbs a bit.
- If you are struggling to get the dose right, speak to the dietitians for support.
- Try to opt for healthy, balanced meals as much as possible (i.e. a meal with some slow-releasing carbohydrate (e.g. pasta, bread or rice), some protein (e.g. chicken/egg/tuna/baked beans) and some fruit or vegetables). Balanced meals are associated with less high and low glucose levels.

Most of the photos in this resource are taken from a local secondary school.