

Food Portions Providing 50g Carbohydrate

This table has been sourced from the Australian Institute of Sport - Carbohydrate Fact Sheet

CEREAL	
Wheat biscuit cereal (e.g. Weet Bix)	60g (5 biscuits)
Light' breakfast cereal (e.g. Cornflakes)	60 g (2 cups)
Muesli' flake breakfast cereal	65 g (1-1.5 cups)
Toasted muesli	90 g (1 cup)
Porridge - made with milk	350 g (1.3 cups)
Porridge - made with water	550 g (2.5 cups)
Rolled oats	90 g (1 cup)
Bread	100 g (4 slices white or 3 thick wholegrain)
Bread rolls	110 g (1 large or 2 medium)
Pita and lebanese bread	100 g (2 pita)
Chapati	150 g (2.5)
English muffin	120 g (2 full muffins)
Crumpet	2.5
Muesli bar	2.5
Rice cakes	6 thick or 10 thin
Crisp breads and dry biscuits	6 large or 15 small
Fruit filled biscuits	5
Plain sweet biscuits	8-10
Cream filled/chocolate biscuits	6
Cake style muffin	115 g (1 large or 2 medium)
Pancakes	150 g (2 medium)
Scones	125 g (3 medium)
Iced fruit bun	105 g (1.5)
Croissant	149 g (1.5 large or 2 medium)
Rice, boiled	180g (1 cup)
Pasta or noodles, boiled	200 g (1.3 cups)
Canned spaghetti	440 g (large can)

FRUIT	
Fruit crumble	1 cup
Fruit packed in heavy syrup	280 g (1.3 cups)
Fruit stewed/canned in light syrup	520 g (2 cups)
Fresh fruit salad	500 g (2.5 cups)
Bananas	2 medium-large
Large fruit (mango, pear, grapefruit etc.)	2-3
Medium fruit (orange, apple etc.)	3-4
Small fruit (nectarine, apricot etc.)	12
Grapes	350 g (2 cups)
Melon	1,000 g (6 cups)
Strawberries	1,800 g (12 cups)
Sultanas and raisins	70 g (4 Tbsp)
Dried apricots	115 g (22 halves)

VEGETABLES	
Potatoes	350 g (1 very large or 3 medium)
Sweet potato	350 g (2.5 cups)
Corn	300 g (1.2 cups creamed corn or 2 cobs)
Green Beans	1,800 g (14 cups)
Baked beans	440 g (1 large can)
Lentils	400 g (2 cups)
Soy beans and kidney beans	400 g (2 cups)
Tomato puree	1 litre (4 cups)
Pumpkin and peas	700 g (5 cups)

DAIRY PRODUCTS	
Milk	1 litre
Flavoured milk	560 ml
Custard	300 g (1.3 cup or half 600 g carton)
Diet' yoghurt and natural yoghurt	800 g (4 individual tubs)
Flavoured non-fat yoghurt	350 g (2 individual tubs)
Ice cream	250 g (10 Tbsp)
Fromage frais	400 g (2 tubs)
Rice pudding/creamed rice	300 g (1.5 cups)

SUGARS and CONFECTIONERY	
Sugar	50 g
Jam	3 Tbsp
Syrups	4 Tbsp
Honey	3 Tbsp
Chocolate	80 g
Mars Bar and other 50-60 g bars	1.5 bars
Jubes and jelly babies	60 g

MIXED DISHES	
Pizza	200 g (medium -1/4 thick or 1/3 thin)
Lasagne	400 g serve
Fried rice	200 g (1.3 cups)

DRINKS	
Fruit juice - unsweetened	600 ml
Fruit juice - sweetened	500 ml
Cordial	800 ml
Soft drinks and flavoured mineral water	500 ml
Fruit smoothie	250-300 ml

SPORTS FOODS	
Sports drink	700 ml
Carbohydrate loader supplement	250 ml
Liquid meal supplement	250-300 ml
Sports bar	1-1.5 bars
Sports gels	2 sachets
Glucose polymer powder	60 g