

CARBOHYDRATE EXCHANGE LIST FOR DIABETICS

Each portion contains approximately 10 grams of carbohydrate.

CEREAL PRODUCTS

- 1 thin slice of bread (20 g)
- 1 piece of crispbread or 3 pieces of thin rye crispbread (18 g)
- ½ Karelian pasty
- 1 dl water-based porridge
- less than 1 dl milk-based porridge or berry porridge
- 1 dl cereal
- ½ dl muesli
- 1 thin bun slice or ½ small bun



POTATO, RICE, PASTA

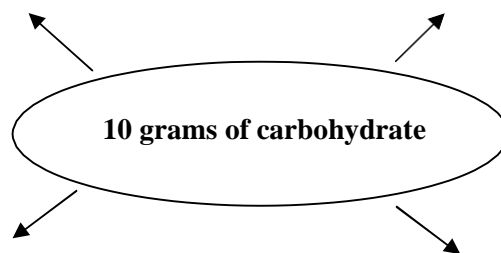
- 1 potato (medium-size 60 g)
- less than 1 dl mashed potatoes (milk-based)
- less than 1 dl cooked rice
- less than 1 dl cooked macaroni or spaghetti
- less than 1 dl casserole dish
- 1½ dl soup

OTHER

- 4 sugar cubes (10 g)
- 20 g chocolate
- 1 dl soft drink (with sugar)

FRUIT, BERRIES

- 1 medium-size fruit (100 g edible part)
- ½ banana (50 g edible part)
- 3 plums
- large watermelon slice (150 g without rind)
- 2–3 dl berries (130 g)
- 1 dl juice
- 1½ dl berry/fruit soup (sweetened with sugar)
- 1 tbs jam



DAIRY PRODUCTS

- 2 dl milk or buttermilk
- 2 dl unflavoured yogurt or curdled milk (“viili”)
- 1½ dl artificially sweetened yoghurt
- 1 dl ice cream



The following foods contain such a small amount of carbohydrate that you do not need to take them into consideration in carbohydrate counting.

**MEAT, FISH, CHICKEN, SAUSAGE, EGG
CHEESE
FAT AND CREAM
VEGETABLES**

- Eat a moderate amount of these twice a day
- Choose low-fat products
- Use moderately, favour vegetable fats
- Eat plenty of these