



WHAT DOES 30 GRAMS OF CARBOHYDRATE LOOK LIKE (APPROXIMATELY)

Bread	2 slices	Pasta - cooked	³ / ₄ cup
Bread roll or pita	1 roll	Rice - cooked	¹ / ₂ cup
Crumpet	1.5	Hot cross bun	1 average
Wheat bix	3	Untoasted muesli	¹ / ₂ cup
Cereal (avg)	¹ / ₂ cup (read label)	Cooked oats	1 cup
Rice cakes	4	Sports bars	Read label
Yoghurt - greek	300gm	Fruit yoghurt	150-200gm
Milk	600ml	Honey	2 Tablespoons
Sustagen sport	2 scoops	Up and go (regular)	350ml / 1 pack
Choc muesli bar	2	Muesli bar	2 (read label)
Pancakes	2 average	Crisp bread	6 biscuits
Fruit juice	300ml	SPORTS DRINK (ISOWHEY SPORTS ELECTROLYTE FORMULA)	3 scoops (approximately)
Gels	20-30grams (depends on brand)	GU (gel)	25 grams carb
Jam	2 tablespoons	Jelly beans	10 (read label)
Fruit salad	1 cup	Orange/apple/pear	2 medium
Dried figs	4 medium	Grapes	1 cup (12-14)
Banana	1 med/ large	Dried apricots	10 halves
Sultanas / raisins	¹ / ₃ cup (45 grams)	Watermelon	3 cups
Dates	6 small	Blueberries	1.5 cups
Dates	3 (large / fresh)	Strawberries	3 cups
Kiwi	3	Raspberries	2 cups
Pineapple	1.5 cups	Mango	1 medium
Rockmelon	2.2 cups	Nectarine	2
White potato (no skin)	180-200 grams	Sweet potato	150 grams
Carrots	300 grams	Beet root	300 grams
Pumpkin	500 grams	Lettuce	1 kilo (not a good source)