CARBOHYDRATE COUNTING KNOWLEDGE ANSWERS

1. Which of these food contain the most carbohydrate?
   Penne Pasta = 70g
   (Grapes = 25g   Jam Doughnut = 35g   Beef Burger = 31g)

2. Which two fruits have the same carbohydrate content?
   Banana and Peach

3. Which meal has the lowest carbohydrate content?
   Stir-fry (chicken & noodles) = 43g
   (Beans on Toast = 44g   Chicken Curry = 57g   Sausage & Mash = 73g)

4. Which snack contains the most carbohydrate?
   Flapjack

5. Which of the following foods would you consider taking insulin for?
   Natural Yoghurt, Ginger Cake, White Bread

6. Which of these foods do NOT normally require insulin?
   Lentils, Peas, Grapefruit

7. Looking at the food label below, how much carbohydrate is in 50g of cereal (without milk)?
   34g (3.5CPs)

8. If you were to eat half of the lasagne below, how much carbohydrate would be in the portion?
   17.2g (1.5CPs)