FOOD CONTAINING 10g OF CARBOHYDRATE

When counting carbohydrate, it is useful to have an understanding of what 10g of carbs (1CP) looks like. This can help you to assess how many grams of carbohydrate or CPs you have on your plate. The images below show you a range of different foods and what a 10g carb portion (1CP) of each one looks like.

**BISCUITS**

- **Jaffa Cake**
  - 9g Carbs
  - 13g
  - 46 Cals
  - Prot 1g
  - Fat 1g
  - SatFat 1g
  - Fibre 0g

- **Oat Biscuit**
  - 10g Carbs
  - 16g
  - 76 Cals
  - Prot 1g
  - Fat 3g
  - SatFat 0g
  - Fibre 1g

- **Shortbread Finger**
  - 10g Carbs
  - 16g
  - 82 Cals
  - Prot 1g
  - Fat 5g
  - SatFat 3g
  - Fibre 0g

**BREAD**

- **Garlic Bread**
  - 10g Carbs
  - 22g
  - 77 Cals
  - Prot 2g
  - Fat 4g
  - SatFat 2g
  - Fibre 1g

- **Granary Bread**
  - 10g Carbs
  - 22g, thin slice
  - 52 Cals
  - Prot 2g
  - Fat 1g
  - SatFat 0g
  - Fibre 1g

- **White Bread**
  - 10g Carbs
  - 22g, thin slice
  - 48 Cals
  - Prot 2g
  - Fat 0g
  - SatFat 0g
  - Fibre 1g
**DESSERTS**

- **Chocolate Torte**
  - Carbs: 10g
  - Cals: 141
  - Proteins: 2g
  - Fat: 10g
  - Sat Fat: 6g
  - Fibre: 1g

- **Profiteroles**
  - Carbs: 10g
  - Cals: 138
  - Proteins: 2g
  - Fat: 10g
  - Sat Fat: 6g
  - Fibre: 1g

- **Summer Pudding**
  - Carbs: 10g
  - Cals: 44
  - Proteins: 1g
  - Fat: 0g
  - Sat Fat: 0g
  - Fibre: 2g

**FRUIT**

- **Apple**
  - Carbs: 9g
  - Cals: 37
  - Proteins: 0g
  - Fat: 0g
  - Sat Fat: 0g
  - Fibre: 1g

- **Pear (tinned in juice)**
  - Carbs: 10g
  - Cals: 38
  - Proteins: 0g
  - Fat: 0g
  - Sat Fat: 0g
  - Fibre: 1g

- **Plum**
  - Carbs: 10g
  - Cals: 40
  - Proteins: 1g
  - Fat: 0g
  - Sat Fat: 0g
  - Fibre: 2g

**MEALS**

- **Mushroom Soup**
  - Carbs: 10g
  - Cals: 120
  - Proteins: 3g
  - Fat: 8g
  - Sat Fat: 1g
  - Fibre: 0g

- **Pasta Bake**
  - Carbs: 10g
  - Cals: 86
  - Proteins: 5g
  - Fat: 3g
  - Sat Fat: 2g
  - Fibre: 1g

- **Pasta Meal (chicken & broccoli)**
  - Carbs: 10g
  - Cals: 117
  - Proteins: 5g
  - Fat: 7g
  - Sat Fat: 3g
  - Fibre: 1g
**POTATOES**

**Chips (oven)**
- Carbs: 10g
- Cals: 33g
- Prot: 1g
- Fat: 1g
- Sat Fat: 1g
- Fibre: 1g

**New Potatoes (boiled)**
- Carbs: 10g
- Cals: 65g
- Prot: 1g
- Fat: 0g
- Sat Fat: 0g
- Fibre: 1g

**Roast Potatoes (in oil)**
- Carbs: 10g
- Cals: 38g
- Prot: 1g
- Fat: 2g
- Sat Fat: 0g
- Fibre: 1g

**RICE, PASTA, GRAINS**

**Couscous**
- Carbs: 12g
- Cals: 45g
- Prot: 2g
- Fat: 0g
- Sat Fat: 0g
- Fibre: 1g

**Spaghetti (white)**
- Carbs: 10g
- Cals: 33g
- Prot: 2g
- Fat: 0g
- Sat Fat: 0g
- Fibre: 1g

**White Rice (long grain)**
- Carbs: 10g
- Cals: 32g
- Prot: 1g
- Fat: 0g
- Sat Fat: 0g
- Fibre: 0g

**SNACKS**

**Chocolate (dark)**
- Carbs: 10g
- Cals: 16g
- Prot: 1g
- Fat: 4g
- Sat Fat: 3g
- Fibre: 1g

**Popcorn (with butter)**
- Carbs: 10g
- Cals: 20g
- Prot: 1g
- Fat: 9g
- Sat Fat: 1g
- Fibre: 1g

**Pretzels**
- Carbs: 10g
- Cals: 13g
- Prot: 1g
- Fat: 0g
- Sat Fat: 0g
- Fibre: 0g