

PROTEIN AND CARBS – WHERE TO FIND THEM

The following portions of food contain ~30g of carbohydrate

Food	Quantity	Food	Quantity
Bread	2 slices	Pasta – cooked	¾ cup
Bread roll/pita bread	1 average	Rice – cooked	½ cup
Crumpet	1.5 average	Toasted muffin	1 average
Fruit/hot cross bun	1 average	Crispbread	6 biscuits
Weet-Bix/Vita-Brits	3 biscuits	Oats – cooked	1 cup
Untoasted Muesli	½ cup	Scone	1 ½ (60g)
Breakfast cereal	1 cup	Pancake	2 average
Breakfast bar	1 bar	Fruit muesli bar	2 bars
Rice cakes	4 cakes	Tinned spaghetti	1 cup (240g)
Lentils – cooked	1 ½ cups	Baked beans	1 cup (150g)
Kidney beans – cooked	1 cup	Corn cob – cooked	1 cob
Power Bar	2/3 bar	Potato – cooked	1 large (200g)
Yoghurt – natural/diet	3 small tubs	Yoghurt – fruit	1 tub (200g)
Milk – all types*	600ml	Skim milk powder	6tbsp (60g)
Custard*	1 cup	Creamed rice	2/3 cup (150g)
Sustagen Sport Powder	2 scoops	Up&Go tetrapak	1 (250mL)
Fruit salad	1 cup	Banana	1 medium-large
Apple/orange/pear	2 medium	Peach	2 large
Grapes	1 cup	Watermelon	3 cups
Dried figs	4 medium	Sultanas/raisins	1/3 cup (45g)
Dried apricots	10 halves	Dried dates	6 (45g)
Tinned fruit	1 cup	Tinned fruit in syrup	2/3 cup

*low fat choices are best

The following portions of food contain ~50g of carbohydrate

FRUIT	FLUIDS
2 large bananas	750ml sports drink (e.g. Gatorade)
2 cups fruit salad	300ml fruit smoothie / meal replacer
1 large mango	500ml fruit juice
VEGETABLES	GRAINS
2 large potatoes	1.5cup cooked pasta
1 large sweet potato	170g cooked rice (1 medium serve)
3 small corn cobs	100g cooked cous cous
CEREALS	BISCUITS/CAKES
50-60g breakfast cereal with milk	60g slice of cake
4 weet-bix / vitabrits	6 digestive / rich tea biscuits
1 cup muesli	2 'breakfast' bars or 2-3 muesli bars
BREAD	CONFECTIONERY
1 bagel / English muffins with jam	60g packet jellybeans / jelly sweets
4 slices of bread / 2 average rolls	55g boiled sweets
2 crumpets / pocket breads	100g chocolate bar
DAIRY	OTHER
2 tubs low fat flavoured yoghurt / Fruche	250g baked beans
500mL low fat flavoured milk	2.5 cups cooked lentils
200g creamed rice	60g pretzels

The following portions of foods provide ~10g of protein

- 2 small eggs (1.5 large)
- 35g cooked lean beef, lamb or pork (including cold meats)
- 40g cooked lean chicken
- 50g grilled fish, canned salmon or tuna
- 200g low fat yoghurt
- 100g Chobani 0% natural yoghurt
- 300mL milk
- 30g (1.5 slices) cheese
- 70g cottage cheese
- 2 scoops (40g) Sustagen sport powder
- ½ - 1 protein bar (this will vary though – some bars contain up to 40g protein)
- 25g (~3tbsp) skim milk powder
- 4 standard slices of bread
- 2 cups wholegrain breakfast cereal
- 2 cups cooked pasta or rice
- 1 cup cooked lentils or kidney beans
- 200g baked beans
- 50g nuts or seeds
- 1 ½ tablespoons peanut butter
- 120g tofu or soy meat
- 4 muesli bars
- 100g chocolate