

The Carbohydrate Calculator

This chart will help you calculate how much carbohydrate is in a specific portion size of foods using packet labels.

- **Look on the label for how much carbohydrate is in 100g – remember to use the TOTAL CARBOHYDRATE**, not the ‘of which sugars/starch’ figure.
- Weigh your portion so you know how much you are going to have.
- Read along the bottom (green) line to the amount of **carbohydrate/100g**, then up the side (red) to the **weight** of your portion.
- Where the lines meet is the amount of carbohydrate in your portion.

Carbohydrate Calculator

Weight of food (g)	200	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200
	175	9	18	26	35	44	53	61	70	79	88	96	105	114	123	131	140	149	158	166	175
	150	8	15	23	30	38	45	53	60	68	75	83	90	98	105	113	120	128	135	143	150
	140	7	14	21	28	35	42	49	56	63	70	77	84	91	98	105	112	119	126	133	140
	130	7	13	20	26	33	39	46	52	59	65	72	78	85	91	98	104	111	117	124	130
	120	6	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120
	110	6	11	17	22	28	33	39	44	50	55	61	66	72	77	83	88	94	99	105	110
	100	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
	95	5	10	14	19	24	29	33	38	43	48	52	57	62	67	71	76	81	86	90	95
	90	5	9	14	18	23	27	32	36	41	45	50	54	59	63	68	72	77	81	86	90
	85	4	9	13	17	21	26	30	34	38	43	47	51	55	60	64	68	72	77	81	85
	80	4	8	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80
	75	4	8	11	15	19	23	26	30	34	38	41	45	49	53	56	60	64	68	71	75
	70	4	7	11	14	18	21	25	28	32	35	39	42	46	49	53	56	60	63	67	70
	65	3	7	10	13	16	20	23	26	29	33	36	39	42	46	49	52	55	59	62	65
	60	3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60
	55	3	6	8	11	14	17	19	22	25	28	30	33	36	39	41	44	47	50	52	55
	50	3	5	8	10	13	15	18	20	23	25	28	30	33	35	38	40	43	45	48	50
	45	2	5	7	9	11	14	16	18	20	23	25	27	29	32	34	36	38	41	43	45
	40	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
	35	2	4	5	7	9	11	12	14	16	18	19	21	23	25	26	28	30	32	33	35
30	2	3	5	6	8	9	11	12	14	15	17	18	20	21	23	24	26	27	29	30	
25	1	3	4	5	6	8	9	10	11	13	14	15	16	18	19	20	21	23	24	25	
20	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
15	1	2	2	3	4	5	5	6	7	8	8	9	10	11	11	12	13	14	14	15	
10	1	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9	9	10	10	
5	*	1	1	1	1	2	2	2	2	3	3	3	3	4	4	4	4	5	5	5	
0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	

Carbohydrate/100g (shown on label)

* Negligible

For example

- You have a bowl of bran flakes that weighs 45g.
- Bran flakes have 65g carbohydrate per 100g.
- Read along the bottom (green) line to 65 and up the red to 45.
- Where the lines meet is the amount of carbohydrate in your portion (29g).

Weight of food (g)	200	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200
	175	9	18	26	35	44	53	61	70	79	88	96	105	114	123	131	140	149	158	166	175
	150	8	15	23	30	38	45	53	60	68	75	83	90	98	105	113	120	128	135	143	150
	140	7	14	21	28	35	42	49	56	63	70	77	84	91	98	105	112	119	126	133	140
	130	7	13	20	26	33	39	46	52	59	65	72	78	85	91	98	104	111	117	124	130
	120	6	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120
	110	6	11	17	22	28	33	39	44	50	55	61	66	72	77	83	88	94	99	105	110
	100	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
	95	5	10	14	19	24	29	33	38	43	48	52	57	62	67	71	76	81	86	90	95
	90	5	9	14	18	23	27	32	36	41	45	50	54	59	63	68	72	77	81	86	90
	85	4	9	13	17	21	26	30	34	38	43	47	51	55	60	64	68	72	77	81	85
	80	4	8	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80
	75	4	8	11	15	19	23	26	30	34	38	41	45	49	53	56	60	64	68	71	75
	70	4	7	11	14	18	21	25	28	32	35	39	42	46	49	53	56	60	63	67	70
	65	3	7	10	13	16	20	23	26	29	33	36	39	42	46	49	52	55	59	62	65
	60	3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60
	55	3	6	8	11	14	17	19	22	25	28	30	33	36	39	41	44	47	50	52	55
	50	3	5	8	10	13	15	18	20	23	25	28	30	33	35	38	40	43	45	48	50
	45	2	5	7	9	11	14	16	18	20	23	25	27	29	32	34	36	38	41	43	45
	40	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
	35	2	4	5	7	9	11	12	14	16	18	19	21	23	25	26	28	30	32	33	35
30	2	3	5	6	8	9	11	12	14	15	17	18	20	21	23	24	26	27	29	30	
25	1	3	4	5	6	8	9	10	11	13	14	15	16	18	19	20	21	23	24	25	
20	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
15	1	2	2	3	4	5	5	6	7	8	8	9	10	11	11	12	13	14	14	15	
10	1	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9	9	10	10	
5	*	1	1	1	1	2	2	2	2	3	3	3	3	4	4	4	4	5	5	5	
0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	

Carbohydrate/100g (shown on label)

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