Vegetables, beans, nuts	Portion	Carbohydrates
Baked beans	1 dl / 100g	13g
Canned green peas	1 dl / 70g	15g
Nuts	1 dl / 60g	8g
Peanut butter	1 tbs / 15g	2g
Lentils, boiled	100g	19g
Almonds	1 dl / 65g	8g
Kidney beans, boiled	1 dl / 75g	13g
Canned red cabbage	1 dl / 80g	10g

Ready meals	Portion	Carbohydrates
Blood sausage	1 slice / 70g	12g
Fish balls	100g	7g
Fish pudding	100g	9g
Breaded meats	100g	7-17g
Meatballs	100g	6-18g
Lasagna	130g	14g
Liverwurst	1 slice / 70g	8g
Pizza	1 slice / 120g	40g
Subway	1/2 stk. / 6 "	40g
Breaded haddock	100g	6g

Sauces	Portion	Carbohydrates
Brown sauce	1/2 dl / 50g	3g
White sauce	1/2 dl / 50g	6g
Sweet-and-sour sauce	1/2 dl / 50g	10g
Ketchup	1 tbs / 15g	2g
Sour cream	1/2 dl / 50g	2g

Soups and porridge	Portion	Carbohydrates
Rice pudding	1 plate / 200g	28g
Fruit porridge	1 plate / 200g	46g
Fruit porridge	1 plate / 200g	20g
Fruit soup	1 plate / 200g	26g
Vegetable soup	1 plate / 200g	8g
Cocoa soup	1 plate / 200g	28g

Snacks and ice cream	Portion	Carbohydrates
Microwave popcorn	100g	50g
Potato chips	1 bag /100g	40g
Pretzel sticks	20 pcs / 20g	13g
Puffed corn snacks	1 bag /100g	60g
Nachos	1 bag /100g	56g
Ice cream topping	25g	12g
Popsicle	small 40g / large 85g	10g / 20g
Machine ice cream	small 160g / large 240g	30g / 45g
Scooped ice cream	1 dl / 55g	14g
Sun Lolly	1 pcs / 65g	15g

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SIGRÍÐUR EYSTEINSDÓTTIR

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LANDSPÍTALI

CARB CHART

- CARBOHYDRATES IN FOOD -

NUTRITIONAL CARE SEPTEMBER 2019/SEY

Bread	Portion	Carbohydrates
Bagels	1 pcs / 120g	70g
Breadsticks	2 pcs / 40g	20g
Rusks	2 pcs / 16g	12g
Corny power bar	1 pcs / 25g	14g
Flatbread	1/2 pcs / 50g	22g
Bund cake	1 slice / 35g	18g
Oat biscuit	1 pcs / 15g	10g
Hamburger bun	1 pcs / 60g	30g
Whole wheat bread	1 slice / 40g	15g
Crispbread	1 pcs / 13g	8g
Cinnamon roll	1 pcs / 105g	60g
Kleina	small 30g / large 60g	15g / 30g
Donut	1 pcs / 70g	35g
Wafer biscuit	1 pcs / 13g	8g
Soft pretzel	1 pcs / 80g	58g
Milk biscuit	1 pcs / 20g	14g
Muffin	small 40g / large 85g	20g / 42g
Naan bread	1 pcs / 140g	70g
Cheese twists	1 pcs / 145g	56g
Panini	1 pcs / 110g	50g
Pita bread	1 pcs / 60g	33g
Hot dog bun	1 pcs / 45g	22g
Pancake	1 pcs / 30g	8g
Rice cake	1 pcs / 8g	6g
Rye bread	1 slice / 40g	15g
Bread roll	1 pcs / 75g	42g
Saltine cracker	3 pcs / 12g	6g
Chocolate rolls	1 pcs / 200g	100g
Chocolate cake	1 slice / 150g	80g
Taco shell	1 pcs / 15g	9g
Tea biscuit	1 pcs / 8g	5g
Tortilla	small 45g / large 70g	23g / 36g
Danish pastry	1 pcs / 140g	60g
Waffle	1 pcs / 90g	28g

Cereal	Portion	Carbohydrates
All Bran	1 dl / 30g	15g
Cheerios	2 dl / 24g	15g
Cocoa Puffs	2 dl / 30g	26g
Cornflakes	2 dl / 24g	20g
Havrefras	2 dl / 30g	17g
Oatmeal	made w/ 1 dl rolled oats	20g
Rolled oats	1 dl / 35g	20g
Muesli	1 dl / 50g	25g
Special K	2 dl / 30g	22g
Weetabix	2 pcs / 36g	24g
Weetabix chocolate	2 pcs / 45g	30g
Weetos	2 dl / 30g	24g
Rice/pasta	**Portion**	**Carbohydrates**
Rice, boiled	1 dl / 80g	22g
Couscous, boiled	1 dl / 75g	16g
Sweet corn, boiled	1 dl / 75g	10g
Pasta, boiled	1 dl / 60g	10g
Potatoes	**Portion**	**Carbohydrates**
Baked potato	1 pcs / 180g	30g
French fries	small 80g / large 160g	30g / 60g
Mashed potatoes	1dl / 100g	15g
Boiled potatoes	2 small ones / 100 g	15g
Sweet potatoes	1 dl / 70g	15g
Drinks	**Portion**	**Carbohydrates**
Orange juice	1 carton / 2,5 dl	25g
Apple juice	1 carton / 2,5 dl	25g
Gatorade	1 bottle / 6 dl	36g
Svali juice drink	1 carton / 2,5 dl	30g
Soft drinks	1 can / 3,3 dl	33g

Fruits *	Portion	Carbohydrates
Canned pineapple	1 slice / 55g	7g
Orange	1 pcs / 150g	15g
Banana	small 60g / large 100g	12g / 20g
Blueberries	1 dl / 60g	8g
Dates	1 dl / 75g	55g
Apple	small 85g / large 250g	10g / 25g
Strawberries	1 dl / 60g	3g
Kiwi	1 pcs / 65g	8g
Mandarin	1 pcs / 70g	7g
Mango	1 dl / 70g	10g
Melon	1 dl / 70g	5g
Pear	1 pcs / 200g	20g
Plum	1 pcs / 75g	5g
Raisins	1 dl / 60g	43g
Prunes	5 pcs / 40g	15g
Watermelon	1 dl / 70g	5g
Grapes	10 pcs / 70g	12g
* Without peel or pips		
Dairy products	**Portion**	**Carbohydrates**
AB-yogurt	2 dl	8g
ABT-yogurt w/muesli	1 tub / 170g	17g
Engjaþykkni yogurt	1 tub / 150g	27g
Hleðsla protein drink w/reduced carbs	1 carton / 250 ml	11g
Yogurt - sugar	1 tub / 180g	7g
Yogurt w/fruit	1 tub / 180g	22g
Chocolate milk	1 carton / 2,5 dl	22g
Chocolate milk - sugar	1 carton / 2,5 dl	17g
Low fat milk	2 dl	8g
Skyr (pure)	1 tub / 200g	7g
Skyr w/sugar	170g /200g	20g / 24g
Skyr w/o sugar	1 tub / 170g	6g