



Carbs & Cals

Bestselling Book & Award-winning App for Diabetes & Weight Loss



Type 1 Diabetes ☒

Type 2 Diabetes ☐

Weight Loss ☐

5:2 Diet ☐

Carbohydrate Counting Knowledge Quiz

1: Which of these foods contain the most carbohydrate?

Tick the correct answer:

Penne Pasta ☐



Weight: 208g

Grapes ☐



Weight: 160g

Jam Doughnut ☐



Weight: 71g

Beef Burger (with cheese) ☐



Weight: 181g

2: Which two fruits have the same carbohydrate content? Tick the correct answers:

Clementine ☐



Weight: 80g

Banana ☐



Weight: 130g (with skin)

Peach (tinned) ☐



Weight: 205g

3: Which meal has the lowest carbohydrate content?

Tick the correct answer:

Chicken Curry (with rice) ☐



365g curry, 161g rice

Beans on Toast ☐



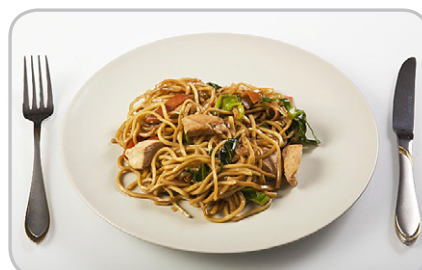
44g toast, 293g beans

Sausage & Mash ☐



165g sausage, 335g mash

Chicken Stir Fry ☐

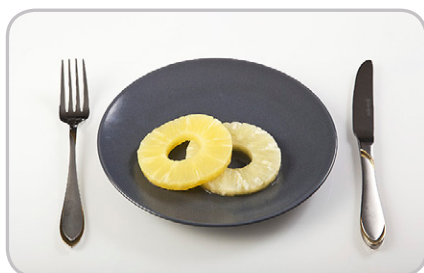


Weight: 205g

4: Which snack contains the most carbohydrate?

Tick the correct answer:

Pineapple (fresh) ☐



Weight: 80g

Flapjack ☐



Weight: 50g

Greek Yoghurt ☐



Weight: 170g

5: Which of the following foods would you consider taking insulin for? Tick the correct answers:

Roast Chicken ☐

Weight: 92g

Natural Yogurt ☐

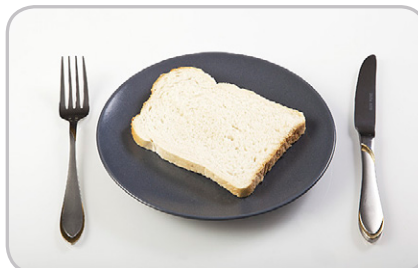
Weight: 190g

Cheddar (grated) ☐

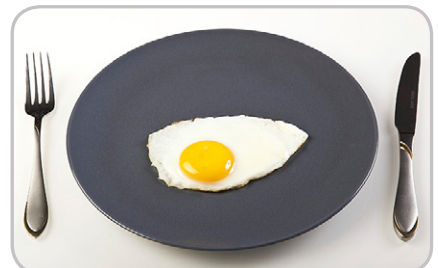
Weight: 50g

Ginger Cake ☐

Weight: 40g

Sliced Bread (white) ☐

Weight: 33g (medium slice)

Fried Egg ☐

Weight: 50g

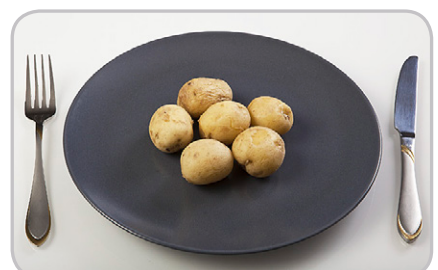
6: Which of these foods do NOT normally require insulin? Tick the correct answers:

Lentils ☐

Weight: 120g

Mango ☐

Weight: 160g

New Potatoes ☐

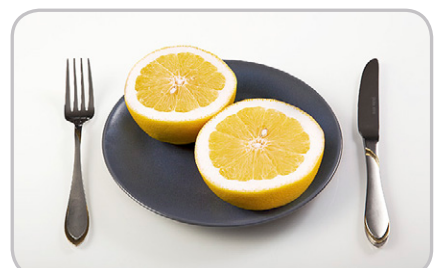
Weight: 195g

Peas ☐

Weight: 50g

Sausage Roll ☐

Weight: 63g

Grapefruit ☐

Weight: 228g (whole)

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



Nutrition:

Nutrient	per 100g	per 30g (with 125ml semi skimmed milk)
Energy kCal	357kCal	166kCal
Energy kj	1,511kj	704kj
Protein	10.0g	7.0g
Carbohydrate	68.0g	26.0g
of which sugars	20.0g	12.0g
Fat	5.0g	3.5g
of which saturates	0.9g	1.5g
Fibre	9.0g	2.5g
Sodium	Trace	Trace
Salt	Trace	Trace

8: If you were to eat half of the lasagne below, how much carbohydrate would be in the portion?



Nutrition:

Nutrient	per 100g (ovenbaked)	per 400g (ovenbaked pack)
Energy kCal	119kCal	476kCal
Energy kj	498kj	1,991kj
Protein	7.4g	29.6g
Carbohydrate	8.6g	34.4g
of which sugars	2.1g	8.4g
Fat	5.8g	23.2g
of which saturates	2.8g	11.2g
Fibre	1.4g	5.6g
Salt	0.5g	2.1g