

Tips for carbohydrate counting in exchanges

This information will teach you how to use food labels, smart phone apps and websites to count carbohydrates (CHO) in exchanges.

The Diabetes Victoria 'Carbohydrate counting in exchanges' booklet can be used in addition to this fact sheet.

Reading food labels

- When reading food labels, the Nutrition Information Panel (NIP) will provide the most accurate information for that food or drink.
- Be careful not to confuse a "serving" with an "exchange". A serving is the manufacturer's chosen serve size and may not equal an exchange of CHO.



REMINDER: An exchange = roughly 15 grams of CHO

Nutrition information

(1 serving = 2 slices of bread)

	Qty per serving	Qty per 100g / 100ml	% daily intake
Energy	810kJ	980kJ	14%
Protein	6.7g	6.1g	15%
Total Fat	2.2g	2.6g	2%
-Saturated Fat	< 1.0g	< 1.0g	< 4%
Carbohydrate	33.7g	40.6g	11%
-Sugars	1.9g	1.9g	2%
Dietary Fibre Total	4.5g	5.4g	15%
Sodium	350mg	350mg	13%

2 slices = 1 serve

1. Look at total CHO
2. CHO per serve = 33.7g CHO
3. Round up or down to the nearest gram



For example:
 33.7g = 34g CHO



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