

Food	Weight		Food	Weight	
	Raw	Boiled		Raw	Boiled
CEREALS and RELATED MEALS:					
Barley	13 g.	35 g.	Spinach	FREE	
Barley bread	33 g.		Frozen Spinach	FREE	
White wheat bread	20 g.		Sweet potato	50 g.	50 g.
Whole meal bread (Integral)	20 g.		Watercress	FREE	
Toasted wheat bread (biscuits)	15 g.		Thistle	FREE	
Vienna Bread	18 g.		Turnip tops	FREE	
Corn	14 g.	95 g.	Lettuce	FREE	
Barley flour	13 g.		Red cabbage	FREE	
Corn flour	15 g.		Turnip	200 g.	220 g.
Oat flour	14 g.		Potato	50 g.	70 g.
Rice flour	13 g.		Grilled potato	35 g.	
Rye flour	13 g.		Fried potatoes (chips)	35 g.	
Soya flour	56 g.		Fried potatoes (crisps)	18 g.	
Wheat flour	15 g.		Mashed potatoes	60 g.	
Oatmeal	18 g.		Potato (flakes)	15 g.	
Oats	15 g.	35 g.	Parsley	114 g.	
Rice	15 g.	35 g.	Pepper	169 g.	
Integral rice	20 g.		Pepper red or green	200 g.	250 g.
Pasta: macaroni, spaghetti, etc.	15 g.	50 g.	Radish	250 g.	
Rye	13 g.		Tomato	250 g.	250 g.
Rye bread	21 g.		Fried tomato	250 g.	
Semolina	15 g.		Tomato juice	200 g.	
Tapioca	15 g.		Truffle	152 g.	
Wheat	13 g.		Dried truffle	346 g.	
PULSES:					
Fresh broad beans	60 g.	50 g.	SEASONAL FRUITS:		
Dried broad beans	20 g.	50 g.	Avocado pear	150 g.	
Haricot (white) beans	20 g.	55 g.	Apricot	100 g.	
Runner (red, kidney) beans	20 g.	60 g.	Apricot canned	56 g.	
Chickpeas	20 g.	55 g.	Apricot juice	85 g.	
Lentil	20 g.	50 g.	Bilberry, blueberry	70 g.	
Canned peas	80 g.		Early fig	65 g.	
Dry peas	17 g.	50 g.	Khaki	65 g.	
Fresh (green) peas	60 g.	95 g.	Chestnut	25 g.	
Frozen peas	80 g.	100 g.	Cherry	50 g.	
Dry (grain) soya	30 g.		Plum	75 g.	
Fresh soya	100 g.		Prune	165 g.	
VEGETABLES:					
Artichoke	160 g.		Coconut	70 g.	
Asparagus	200 g.		Prickly pear	105 g.	
Aubergine	FREE		Coconut milk	70 g.	
Bean sprouts	250 g.		Custard apple, cherimoya	50 g.	
Beetroot	100 g.	112 g.	Date	14 g.	
Broccoli	200 g.	250 g.	Raspberry	92 g.	
Brussels sprouts	120 g.	200 g.	Strawberry	125 g.	
Cabbage	FREE		Pomegranate	62 g.	
Carrot	100 g.	164 g.	Redcurrant	105 g.	
Cauliflower	250 g.	300 g.	Morello cherry	50 g.	
Celery	FREE		Fig	50 g.	
Chard	FREE		Fig dried	15 g.	
Chicory	FREE		Kiwi fruit	67 g.	
Toasted chicory	24 g.		Lemon	125 g.	
Cucumber	FREE		Mandarin, Tangerine	100 g.	
Curly kale	192 g.		Mango	70 g.	
Endive	FREE		Apple	75 g.	
Garlic (cloves)	40 g.		Apple juice	72 g.	
Green (french) bean	250 g.	300 g.	Apple roasted	37 g.	
Vegetables in julienne	200 g.		Peach	100 g.	
Kohlrabi	147 g.		Peach canned	50 g.	
Leek	250 g.	250 g.	Peach juice	75 g.	
Mushrooms	FREE		Melon	150 g.	
Fried mushrooms	172 g.		Quince	88 g.	
Marrow	FREE		Jam, jelly in general	14 g.	
Onion	FREE		Blackberry	70 g.	
Fried onion	100 g.		Blackberry juice	133 g.	
Spring onion	FREE		Orange	100 g.	
Palm Hearts	200 g.		Orange juice	100 g.	
Parsnip	75 g.	100 g.	Tangerine	90 g.	
Pumpkin	FREE		Medlar	50 g.	
Sorrel	FREE		Papaya, Pawpaw	100 g.	
			Pear	75 g.	
			Pear roasted	44 g.	
			Pear tinned	40 g.	

NOTE: when an item is quoted as free You can say that IN NORMAL AMOUNTS, the sugar in that meal is less than half a portion of carbohydrates.

All the portions in the table contain approx. 10 grams of sugar = 1 portion of carbohydrates.

Pear juice	73 g.
Pineapple	100 g.
Pineapple tinned	50 g.
Pineapple juice	76 g.
Banana (underripe)	50 g.
Grapefruit	200 g.
Rhubarb	263 g.
Watermelon	150 g.
Grape white	50 g.
Grape black	50 g.
Grape juice	125 g.
Grape juice tinned	56 g.
Fruit cocktail	100 g.

NUTS and PICKLES:

Table olives	250 g.
Apricot	15 g.
Almond	50 g.
Cashew	30 g.
Hazelnut	50 g.
Peanut	50 g.
Peanut roasted	50 g.
Cocoa powder	26 g.
Chestnut dried	20 g.
Prune	15 g.
Coconut dried	24 g.
Tiger nut	27 g.
Dates dried	14 g.
Fig dried	15 g.
Peach dried	15 g.
Walnut	50 g.
Pumpkin seeds	55 g.
Sunflower seeds	50 g.
Pine kernel	34 g.
Pistachio	60 g.
Raisin	14 g.

MILK and DAIRY PRODUCTS:

Curd, junket	200 g.
Ice cream	40 g.
Milk (from Cow)	200 g.
Milk skimmed	200 g.
Milk condensed	90 g.
Milk powdered	25 g.
Milk cream	200 g.
Milk (from Goat)	222 g.
Butter and margarine as dressing or complement is recommended no more than 15 grams/day	
Cream	320 g.
Yogurt low-fat	175 g.
Yogurt low-fat with fruits	62 g.
Yogurt with cream	250 g.
Yogurt natural	250 g.
Yogurt natural Sveltesse	140 g.
Yogurt natural with fruits	62 g.
Cottage cheese	250 g.
Cheese from Burgos	300 g.
" " Cabrales	476 g.
" emmental	435 g.
" Gerveis	500 g.
" Gorgonzola	555 g.
" Gruyere	250 g.
" fatty in general	333 g.
" lean in general	238 g.
" semi-fatty	333 g.
" Manchego	714 g.
" Roquefort	400 g.
" Villalon	526 g.

PRE-COOKED MEALS:

Meatball	95 g.
Cannelloni	200 g.
Meat covered in breadcrumbs	280 g.
Fish covered in breadcrumbs	65 g.
Chicken covered in breadcrumbs	65 g.
Croquette	155 g.
Pasty, pie	25 g.
Escalope with cheese filling	40 g.

Pizza	40 g.
Spring roll	50 g.
Soups and creams instant/packet	175 g.
Spanish potato omelette	70 g.

MISCELLANEOUS:

Sponge cakes	12 g.
Milk shakes	90 cc.
Béchamel sauce	100 g.
Rusk / Melba toast	16 g.
Bliss (milk + fruit)	60 cc.
Bread roll for hamburger	20 g.
Bread roll for hot dog	20 g.
Fritter	15 g.
Cacaolat	100 cc.
Cereals non sweet for breakfast	12 g.
" Krispies	2 g.
choco-krispies	11 g.
smacks	12 g.
muesli	14 g.
pops	11 g.
corn-flakes	12 g.
loops	13 g.
frosties	11 g.
all-bran	22 g.
stars	12 g.
cheerios	13 g.
golden-grahams	12 g.
chocapic	12 g.
Cereals (other)	10 g.
Flour fritter (churros)	25 g.
Croissant	12 g.
Donut	12 g.
Butter biscuits	13 g.
Biscuits diet-fiber without sugar	14 g.
Ice cream	40 g.
Puff pastry	21 g.
Ketchup (as dressing)	(1 spoonful)
Fairy cake	20 g.
Mayonnaise (as dressing)	(1 spoonful)
Mustard (as dressing)	(1 spoonful)
Nesquik brick 100 ml	85 cc.
Nesquik powder	12 g.
Nocilla	17 g.
Pop corn	18 g.
Binbo and related (1 slice)	25 g.
Cannelloni pasta (2 wafer-thin slice)	13 g.
Pasta (1 wafer-thin slice)	13 g.
Lassagna pasta (1 wafer-thin slice)	13 g.
Binbo cakes (white box) 1/2 cake	17 g.
Fried potato (crips)	18 g.
Petit-suisse light strawberry	60 g.
Petit-suisse chocolat	43 g.
Mashed potatoes flakes	15 g.
Ring-shaped cake	13 g.
Sugared bun	15 g.
Nougat	17 g.

BURGERS:

	<i>grams of carbohydrates</i>
Shakes	60
Big Mac	40
Cheese Burger	30-40
Hamburger double	40
Hamburger single	25-30
Hot dog	20-30
Mc Pollo	45
McNuggets (6 units)	15
Apple cake	25
Potato chips big	45
Potato chips regular	40
Potato chips small	25
Sauce barbaque	5
Sauce curry	10
Sauce mustard	5
Sauce blue cheese	5
Pink sauce	5
Whopper	50

FISH and SHELLFISH:

Pollack salty dry	Free
boiled	Free
fried	150 g.
Clam fresh	200 g.
boiled	Free
Anchovy fresh	Free
tinned	Free
Elver, baby eel	Free
Herring fresh	Free
fried	Free
Kipper	Free
Tuna fresh	Free
tinned	Free
Cod salty (dry)	150 g.
boiled	Free
fried	200 g.
Sea bream	Free
Lobster	Free
Bonito (tuna)	Free
Mackerel (Atlantic) tinned	Free
Squid boiled	Free
fried	Free
Shrimp boiled	Free
Crab boiled	Free
Crayfish	Free
Large Prawn	Free
Carp boiled	Free
fried	Free
Caviar tinned	Free
Spider Crab boiled	Free
Dublin Bay prawn	Free
Conger boiled	Free
fried	150 g.
Whitebait	Free
Baby squid	Free
Fried mussel	Free
Sea bream boiled	Free
Sword fish	Free
John dory boiled	Free
fried	Free
Prawn fresh	Free
boiled	Free
Lobster boiled	Free
King prawn boiled	Free
Sole boiled	Free
fried	Free
Sea bass boiled	Free
Mussel boiled	Free
Hake boiled	Free
fried	160 g.
Grouper boiled	Free
Razor shell	Free
Oyster	Free
Barnacle boiled	Free
Whiting boiled	Free
fried	Free
Swordfish	Free
Octopus	Free
Monkfish boiled	Free
Ray, skate fried	130 gr.
Turbot boiled	Free
Salmon boiled	Free
tinned	Free
smoked	Free
Red mullet boiled	Free
fried	Free
Sardine boiled	Free
fried	Free
tinned	Free
Cuttlefish	Free
Trout boiled	Free
fried	Free
Scallop	Free

Ox

Oxtail	Free
Rest similar to beef	

PORK

Bacon (streaky bacon)	Free
Ribs lean raw	Free
" " stewed	Free
" " fried	Free
" " half-fat stewed	Free
" " " fried	Free
Liver fried	100 gr.
Ham raw	Free
boiled	Free
York raw	Free
cured	Free
Loin fatty grilled	Free
" " stewed	Free
" " fried	Free
lean grilled	Free
" " stewed	Free
" " fried	Free
Loin of pork, cured	Free
Leg grilled	Free
Kidney fried	Free

LAMB

Ribs fatty stewed	Free
" " grilled	Free
" " fried	Free
lean stewed	Free
" " grilled	Free
" " fried	Free
Liver boiled	100 gr.
Shoulder blade boiled	Free
Leg stewed	Free
grilled	Free
Kidney fried	Free

SHEEP

Meat boiled	Free
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VEAL

Ribs grilled	Free
fried	225 gr.
Steak grilled	Free
Liver boiled	200 gr.
fried	250 gr.
Tongue stewed	Free
Sweetbreads	Free
Kidney fried	Free
Sirloin steak grilled	300 gr.
fried	Free

BEEF:

Steak fried	Free
Meat half fat grilled	Free
" " boiled	Free
Rib boiled	Free
Brisket boiled	Free
Liver boiled	250 gr.
fried	100 gr.
Tongue boiled	Free
Kidney boiled	Free
Sirloin grilled	Free
boiled	Free
fried	Free

SAUSAGES:

Catalan sausage raw	Free
" " boiled	Free
Chorizo (pork sausage) raw	Free
" " fried	Free
Foie-gras (pâté)	100 gr.
Blood sausage raw	70 gr.
boiled	65 gr.
fried	60 gr.

All the portions in the table contain approx. 10 grams of sugar = 1 portion of carbohydrates.

Black pudding	Free
Sausage pork raw	100 gr.
" " boiled	140 gr.
" " fried	80 gr.
" cow raw	100 gr.
" " boiled	70 gr.
" " fried	60 gr.
" Frankfurt raw	Free
Salami-type sausage raw	Free
Majorcan sausage	Free

POULTRY:

Ostrich	Free
Capón grilled	Free
Quail stewed	Free
" grilled	Free
Pheasant stewed	Free
" grilled	Free
Hen grilled	Free
Goose grilled	Free
Pigeon stewed	Free
" grilled	Free
Duck grilled	Free
Turkey grilled	Free
Partridge grilled	Free
" stewed	Free
Chicken boiled	Free
" grilled	Free

GAME:

Deer grilled	Free
Rabbit grilled	Free
" stewed	Free
Roe deer grilled	Free
Wild boar grilled	Free
Hare grilled	Free

"FORBIDDEN":

Refined sugar	10 g.
Brown sugar (not refined)	10 g.
Chocolates	15 g.
Cocoa powder sugary	15 g.
Sweet, candy in general	13 g.
Colacao, powde	10 g.
Jams, Jelly in general	14 g.
Chocolate dark, bitter	15 g.
Chocolate with milk	10 g.
Quince Jelly	18 g.
Royal Jelly	15 g.
Milk condensed	18 g.
Baking powder	25 g.
Malt (extract)	12 g.
Honey	12 g.

NOTE.– These foods are FORBIDDEN and may only be used for correcting SEVERE HYPOGLYCAEMIA because they are very rich in carbohydrates and/or very difficult to precise the exact amount in the meals.

DRINKS WITH ALCOHOL (1 portion CH):

Anisette, brandy, sweet liquor ..	30 cc. (equiv. to 1 small glass)
Cava sweet	50 cc. (equiv. to 1 normal glass)
Cava half-dry	150 cc. (equiv. to 3 normal glasses)
Beer	250 cc. (equiv. to 1 small glass)
Cider	200 cc. (equivalent to 1 glass)
Vermouth	65 cc. (equivalent to 1 normal glass)
Sweet vines (Malaga, Oporto)	65 cc. (equivalent to 1 small glass)
Dry Sherry (Jerez, manzanilla)	300 cc. (equivalent to 1/3 bottle)

DRINKS WITHOUT ALCOHOL (1 portion CH):

Lemonades, orange, cola,	50 cc.
Almonds milk	18 cc.
Soda water	Free
Coffee, tea & infusions	Free
Cola light	Free
Orange & lemon squash	80 cc.
Grape juice	75 cc.
Tonic water	100 cc.
Bitter	100 cc.
Red Bull	80 cc.

General advice:

- *Drinking alcoholic beverages is absolutely forbidden though they are generally low content in carbohydrates. While the liver is metabolizing the alcohol the amount of glucose released into the blood is reduced so the risk of hypoglycaemia is higher.*
- *The food labelled as Free is that in which the normal amount served per person contains less than half a portion of carbohydrates.*
- *The bread shouldn't be weighed. It should be taken into account the amount of flour needed to make the bread portion (bakery weight) because bread weight varies a lot depending on time since cooked.*
- *When counting carbohydrates be careful not to make a mistake confusing portions with grams of carbohydrates: 1 portion = 10 grams.*
- *Some nuts are very rich in glucose and shouldn't be eaten between meals, only as appetizer or ingredients in sauces or garnishes and in small amounts.*