

CARBOHYDRATE COUNTING BOOKLET

Carbohydrate counting is an important step in supporting you to manage your diabetes by keeping track of the amount of carbohydrates you eat and drink, which allows you to better adjust your insulin dosage and carb intake to manage your blood glucose levels more effectively. Hence this booklet is designed to help you count the amount of carbohydrates in your food.



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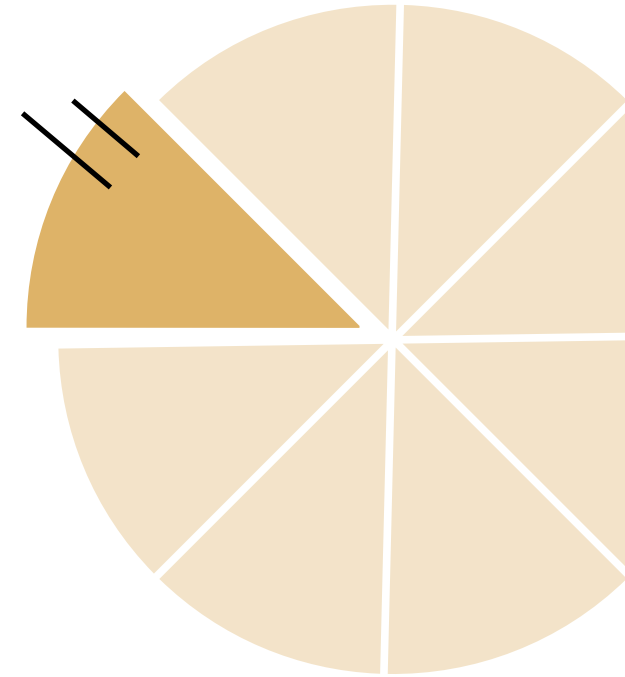
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01 MEASURING TOOLS & SERVING SIZE CHART

The following tools will help you weight your food



Digital Food Scale



Measuring Cups



Measuring Spoons

SERVING SIZE	MEASUREMENT	MEASUREMENT
1 cup	250 ml	12 tbsp
1/2 cup	125 ml	6 tbsp
1 tbsp	15 grams	3 tsp
1 tsp	5 grams	1 tsp

Measuring Tools & Serving Size Chart

Visual Comparison

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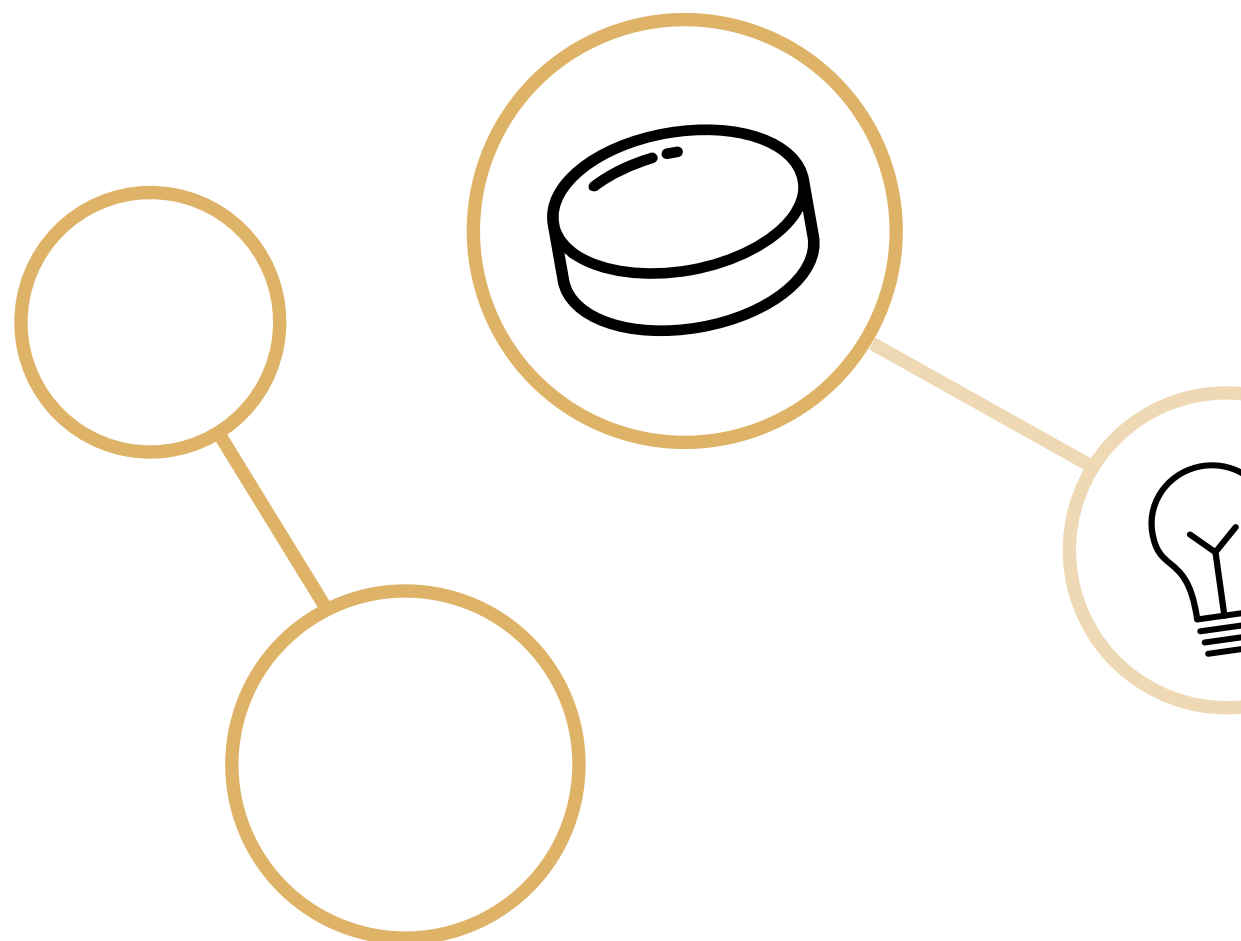
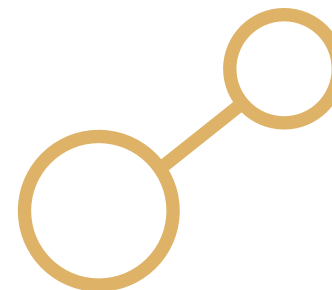
Fast Food

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02 VISUAL COMPARISON

The following list will help you visualize what a serving size might look like, in case measuring tools are not available.

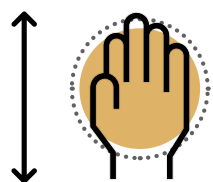
Measuring Tools & Serving Size Chart

Visual Comparison

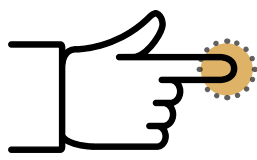
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COMPARISON

VISUAL



Flat Hand



Pointer Finger



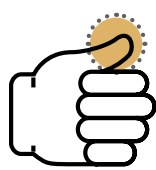
Finger Width



One Fist



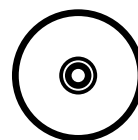
Thumb



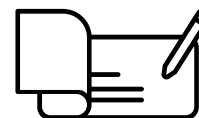
Thumb Tip



Hockey Puck



Compact Disk



Cheque Book



Deck Of Cards



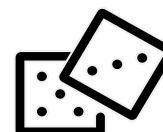
Light Bulb



Tennis Ball



Golf Ball



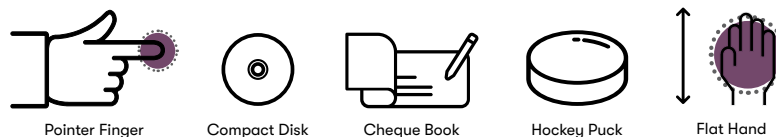
Dice

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03 BREADS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Toast (white or whole wheat)	1 slice	44 grams	20	1 Flat hand
Bagel	1 small	45 grams	25	1 Hockey puck
Baguette	1 baguette 6 in across	6 in across	46	15 cm (Approx length of cheque book)
Bread- injera (ethopian)	1 bread (12 in across)	127 grams	23.3	3 Compact disks
Chapatti	1 small (6 in across)	30 grams	15	1.1/2 Compact disk
Hamburger bread	1 bun	45 grams	21	1 Hockey puck
Hotdog bread	1 bread	70 grams	36	Cheque book length
Kaak	3 small pieces	30 grams	14	3 Fingers pointer
Khameer bread	1 bread	70 grams	29	1 Hockey puck

Measuring Tools & Serving Size Chart

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03 BREADS

VISUAL COMPARISON



Hockey Puck



Cheque Book



Compact Disk

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Lavash	1 flat bread	26.5 grams	15	1.1/2 Compact disk
Markouk bread	1/3 bread (10 in across)	30 grams	15	2 Compact disk
Naan bread	1 naan	45 grams	22	1.1/2 Compact disk
Parata	1/3 parata	50 grams	23	1 Compact disk
Regag	1 bread	100 grams	37	2 Compact disk
Rice crackers	2 crackers	22 grams	16	2 Hockey pucks
Rotti bread	1 bread (12 in across)	68 grams	31.5	3 Compact disk
Saj bread - chubab	1 saj	40 grams	15	1 Compact disk
Samoon	60 grams	60 grams	30	Cheque book length

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03 BREADS

VISUAL COMPARISON



Cheque Book



Compact Disk

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Sangak	50 grams	50 grams	23	Cheque book length
Shirmal - saffrus flavor	100 grams	100 grams	42	2 Compact disk
Lebanese bread	1/2 bread (12 in across)	45 grams	30	3 Compact disk
Tannour bread	1 medium bread	40 grams	20	1.1/2 Compact disk
Corn/wheat flour tortilla	1 bread	6 in across	15	-

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04 CEREALS GRAINS

VISUAL COMPARISON



Thumb



One fist



Tennis Ball

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Bulgur (cooked)	1/2 cup (6 tbsp)	90 grams	15	1 Tennis ball
Cereals	1/2 cup (6 tbsp)	25 grams	15	1 Tennis ball
Couscous (cooked)	2/3 cup (8 tbsp)	83 grams	30	3 Fists
Granola	1/2 cup (6 tbsp)	45 grams	30	1 Tennis ball
Muesli	1/2 cup (6 tbsp)	50 grams	37	1 Tennis ball
Noodles (cooked)	1/3 cup (4 tbsp)	65 grams	15	4 Thumbs
Oats (cooked)	1/2 cup (6 tbsp)	40 grams	29	1 Tennis ball
Pasta (cooked)	1/3 cup (4 tbsp)	50 grams	15	4 Thumbs
Quinoa (cooked)	1/3 cup (4 tbsp)	100 grams	17	4 Thumbs
Rice white/brown (cooked)	1/3 cup (4 tbsp)	65 grams	15	4 Thumbs

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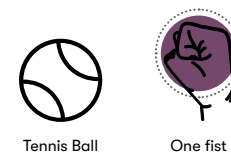
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05 STARCHY VEGETABLES

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Baby carrots	1 cup	156 grams	13	1 Fist
Beetroot raw	1/2 cup	80 grams	8	1 Tennis ball
Corn	1/2 cup	1/2 cup	15	1 Tennis ball
Green peas	1/2 cup	1/2 cup	15	1 Tennis ball
Mashed potato	1/2 cup	100 grams	15	1 Tennis ball
Boiled potato	1 cup	160 grams	30	1 Fist
Boiled sweet potato	1.1/2 cup	238 grams	52	1.1/2 Fist
Boiled yam	1/2 cup	85 grams	15	1 Tennis ball
Pumpkin raw	1 cup	122 grams	15	1 Fist

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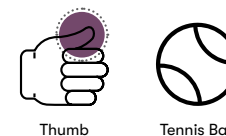
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06 FLOURS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Corn flour	2 tbsp	16 grams	14.6	2 Thumbs
Flour	2 tbsp	16 grams	12	2 Thumbs
Soya flour	1/2 cup (6 tbsp)	42 grams	13.5	1 Tennis ball
Whole wheat flour	2 tbsp	20 grams	14.3	1 Thumb

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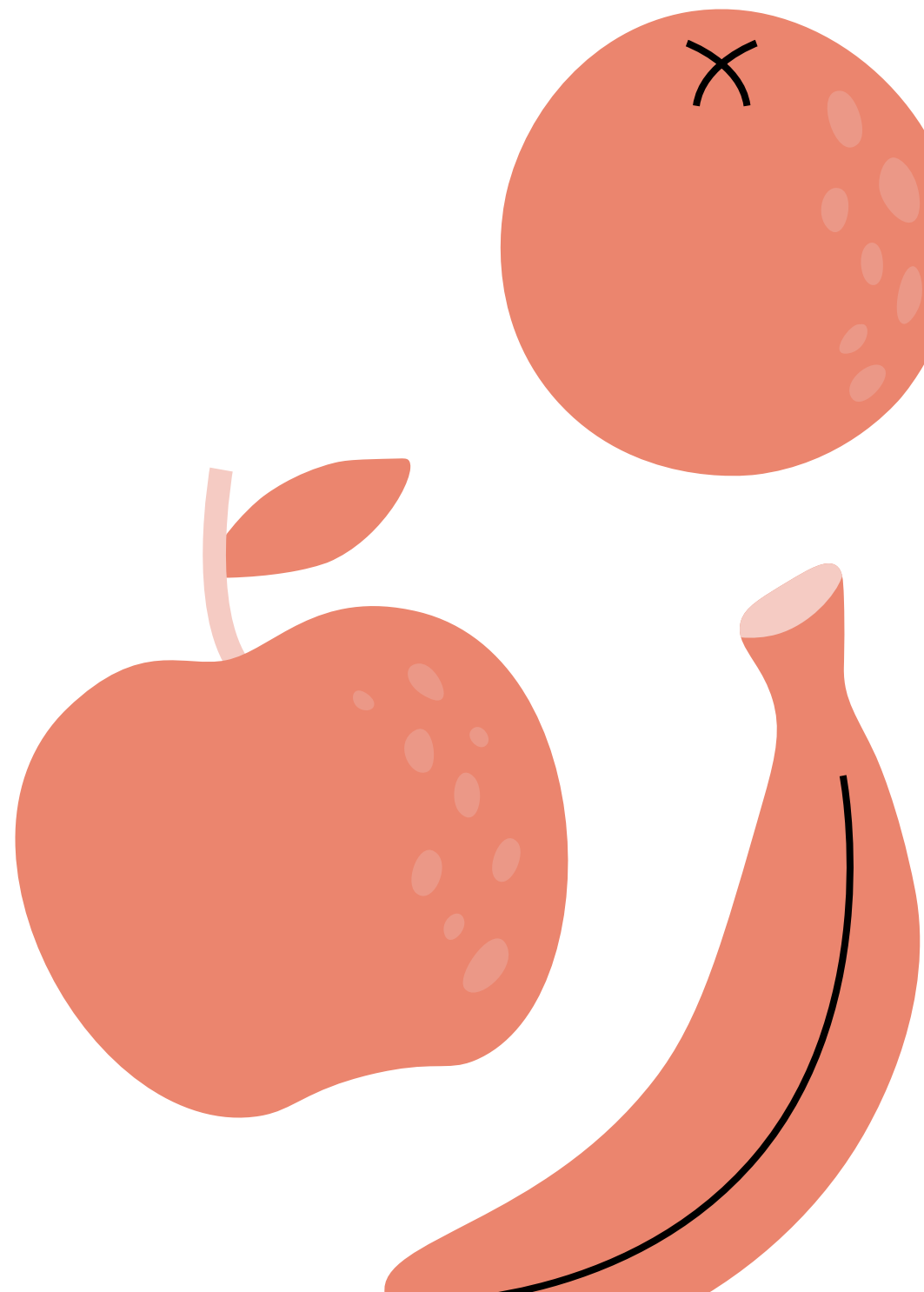
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07 FRUITS

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Apple	1 large	113 grams	15	-
Apricot	4 medium	156 grams	15	-
Banana	1 small	120 grams	15	-
Blackberry	1 cup	150 grams	15	-
Blueberries	3/4 cup	100 grams	15	-
Cherry	12 large cherries	90 grams	15	-
Coconut	1/2 cup	45 grams	22	-
Dates (bahar)	3 medium dates	25 grams	15	-
Figs	2 medium	100 grams	15	-
Grapefruit	1/2 large	300 grams	15	-

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07 FRUITS

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Grapes	12 medium grapes	90 grams	15	-
Guava	1 medium	100 grams	15	-
Jujube (unnab)	1/2 cup	80 grams	15	-
Cherimoya (custard apple)	1/3 cup	75 grams	15	-
Persimmon (kharma)	1.1/2 piece	100 grams	15	-
Kiwi	1 medium	100 grams	15	-
Loquat	10 loquats	115 grams	15	-
Mango	1/2 small	156 grams	15	-
Orange	1 medium	130 grams	15	-
Papaya	1/2 papaya (1 cup)	226 grams	15	-

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07 FRUITS

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Peach	1 medium	130 grams	15	-
Pear	1 medium	100 grams	15	-
Pineapple	3/4 cup	120 grams	15	-
Plum	2 small	140 grams	15	-
Pomegranate (rumman)	1/2 cup	87 grams	15	-
Pomelo	3/4 cup	150 grams	15	-
Prickly pear	1.1/2 piece	150 grams	15	-
Quince (Safarjal)	1 medium	100 grams	15	-
Raspberry	1 cup	100 grams	15	-
Red watermelon	1 average slice (1/4 cup)	220 grams	15	-

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07 FRUITS

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Strawberry	1 cup (10 big pieces)	160 grams	15	-
Sweet melon	1 slice	160 grams	15	-
Tangerine	2 small	140 grams	15	-
Yellow melon	1 cup	170 grams	15	-
Dried apricot	4 pieces	20 grams	15	-
Dried dates	3 pieces	20 grams	15	-
Dried figs	2 small pieces	25 grams	15	-
Dried prunes	2 pieces	20 grams	15	-
Raisins	2 Tbsp	20 grams	15	-

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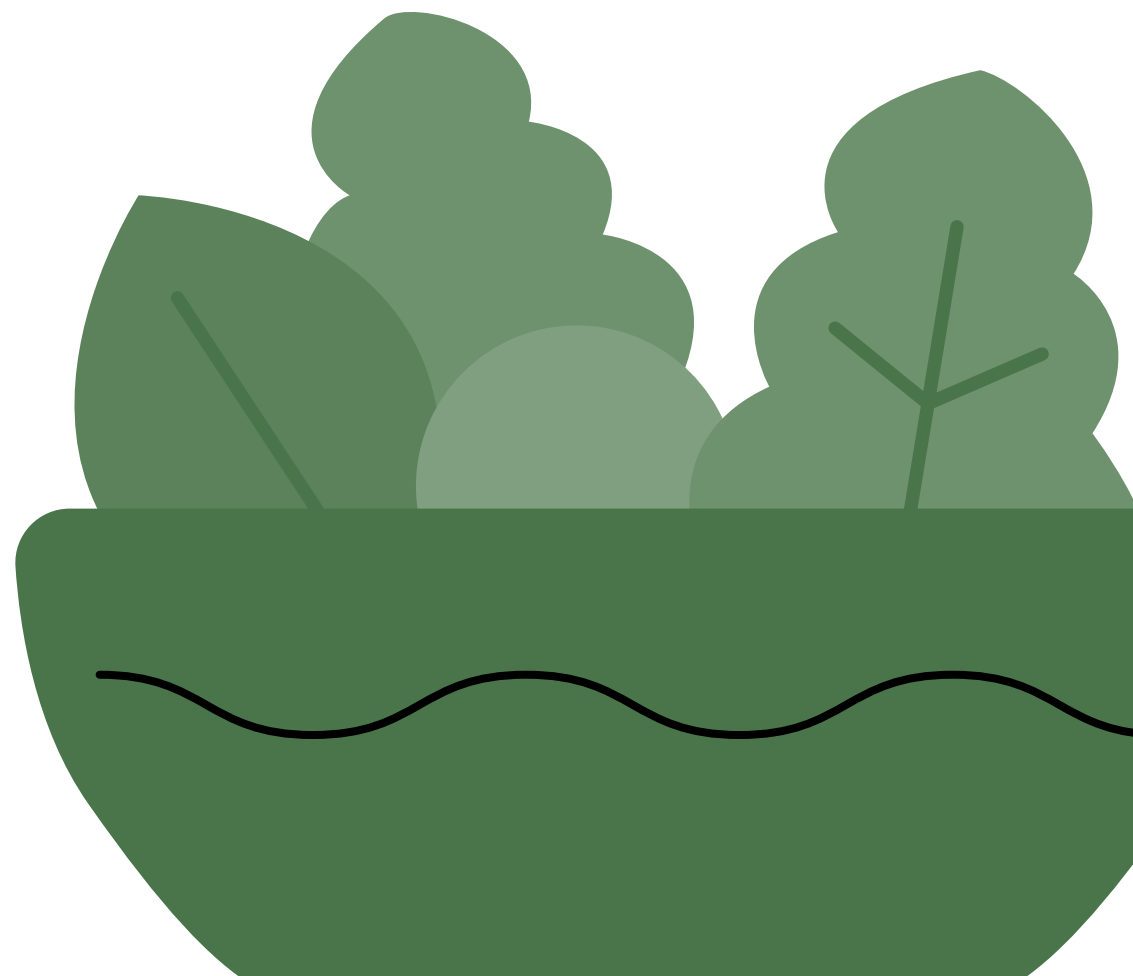
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08 VEGETABLES & SALADS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Vegetables				
Cooked vegetables	1/2 cup	1/2 cup	5	1 Tennis ball
Raw vegetables	1 cup	1 cup	5	1 Fist
Salads				
Tabbouleh	1 cup	160 grams	17	1 Fist
Fatoush	1 cup	120 grams	16	-
Coleslaw	4 tbsp	180 grams	12	4 Thumbs

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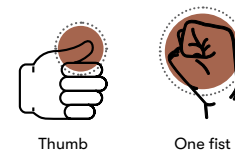
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09 SOUPS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Ash-e reshteh soup (Iranian dish)	2/3 cup (8 tbsp)	150 grams	18	8 Thumbs
Broccoli soup	1 cup (12 tbsp)	225 grams	8	1 Fist
Eema soup (meat balls with rice and tomato soup)	2/3 cup (8 tbsp)	150 grams	8	8 Thumbs
Harira soup	2/3 cup (8 tbsp)	150 grams	14	8 Thumbs
Lentil soup	2/3 cup (8 tbsp)	150 grams	22	8 Thumbs
Lentil swiss chard soup	2/3 cup (8 tbsp)	150 grams	20	8 Thumbs
Minestrone soup	2/3 cup (8 tbsp)	150 grams	12	8 Thumbs
Mushroom soup	2/3 cup (8 tbsp)	150 grams	7	8 Thumbs
Onion soup	2/3 cup (8 tbsp)	150 grams	9	8 Thumbs
Pumpkin soup	2/3 cup (8 tbsp)	150 grams	7	8 Thumbs

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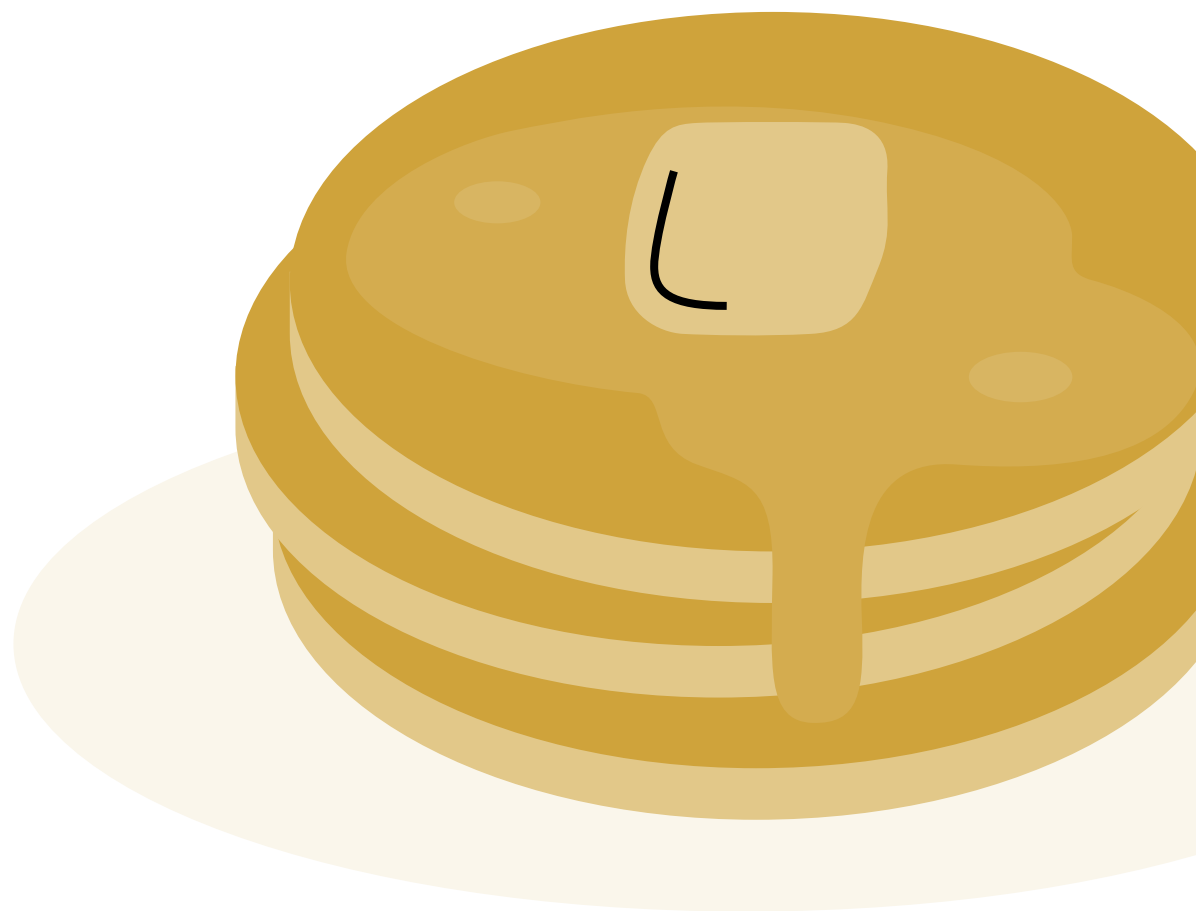
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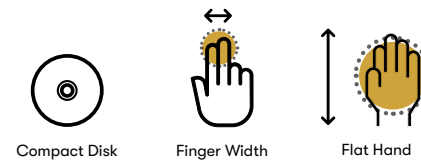
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10 PASTRIES & APPETIZERS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Manakish zatar	100 grams	100 grams	52	1 Flat hand
Manakish cheese	100 grams	100 grams	52	1 Flat hand
Manakish kishk	100 grams	100 grams	52	1 Flat hand
Fatayar meat	50 grams	50 grams	18	3 Fingers width
Fatayar zatar	45 grams	45 grams	18	3 Fingers width
Fatayar cheese	45 grams	45 grams	18	3 Fingers width
Fatayar kishk	45 grams	45 grams	18	3 Fingers width
Fatayar spinach	50 grams	50 grams	18	3 Fingers width
Vegetable samosa	1 small piece	40 grams	12	3 Fingers width
Lahm bil ajeen (meat pie)	1 piece	80 grams	22	1 Compact disk
Plain croissant	1 piece	75 grams	32	1 Flat hand
Pancake	38 grams	38 grams	14	1 Compact disk

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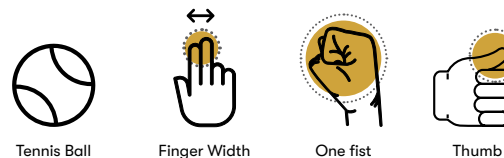
Fats & Nuts

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10 PASTRIES & APPETIZERS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Baba ghannouj	1 tbsp	15 grams	1	1 Thumb
Batata harra	1 cup	100 grams	35	1 Fist
Cucumber with yogurt and mint	1 cup	230 grams	15	1 Fist
Falafel	2 pieces	60 grams	11	2 Fingers width per piece
Fatet batinjan	1 piece	17 grams	5	-
Fatet hummus	1 cup	220 grams	35	1 Fist
Foul modammas	1/2 cup	100 grams	10	1 Tennis ball
French fries	13 pieces (1/2 cup)	13 pieces	22.5	1 Tennis ball
Dandelion leaves with oil	1 cup	20 grams	5	1 Fist
Hommos balila	1/2 cup	100 grams	10	1 Tennis ball
Hommos bithneh	1 Tbsp	30 grams	4	1 Thumb
Loubya bi zeit (green beans in oil)	1 cup	210 grams	10	1 Fist

Measuring Tools & Serving Size Chart

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Ice-creams

Arabic Sweets

Confectioneries

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Chocolates

Fast Food

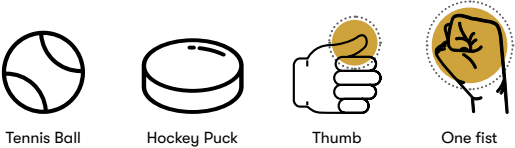
Fats & Nuts

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10 PASTRIES & APPETIZERS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Maakouda (potato cakes)	100 grams	100 grams	32	1 Hockey puck
Makdous (stuffed eggplant marinated in oil)	1 piece	56 grams	5	-
Mouhamara (red pepper spread with walnuts)	1/2 cup	110 grams	10	1 Tennis ball
Moussakaa	1 cup	160 grams	24	1 Fist
Moutabbal eggplant	2 tbsp	30 grams	6	2 Thumbs
Okra with oil	1 cup	200 grams	10	1 Fist

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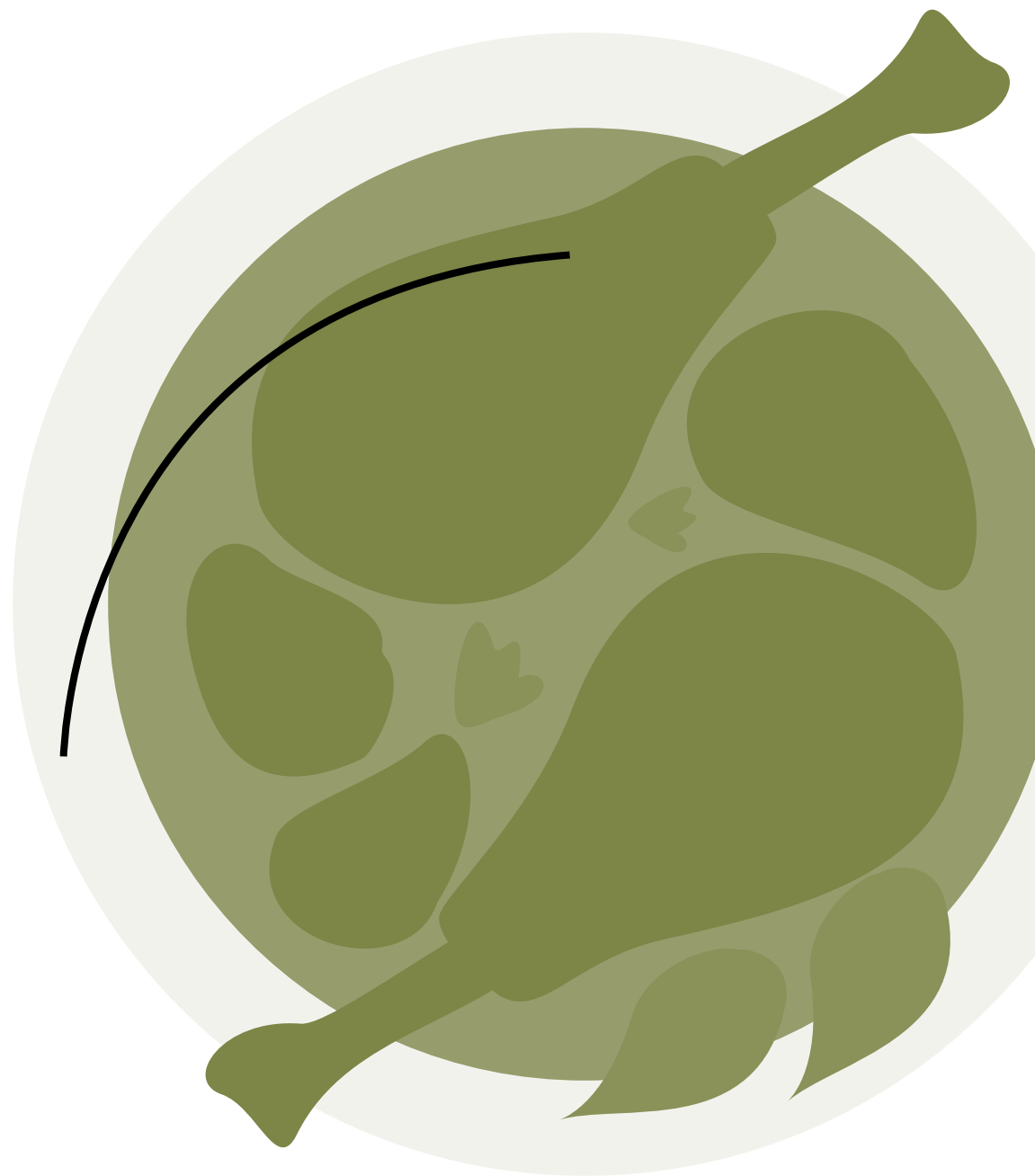
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Fats & Nuts

Condiments & Sauces

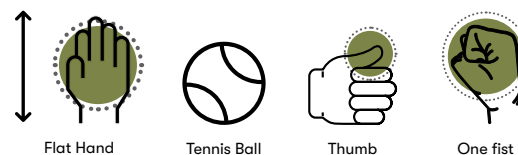
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11 MAIN DISHES

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Asida	2 tbsp	30 grams	15	2 Thumbs
Balaleet	1/4 cup (4 tbsp)	50 grams	29	4 Thumbs
Bamya (okra stew)	1 cup	240 grams	15	1 Fist
Bazela stew with meat (peas stew)	1 cup	240 grams	22	1 Fist
Biryani chicken	2/3 cup (8 tbsp)	100 grams	17	8 Thumbs
Burghol with tomato	1/2 cup	80 grams	20	1 Tennis ball
Shawerma sandwich chicken	1 sandwich	314 grams	30	1 Flat hand
Shawerma sandwich meat	1 sandwich	320 grams	35	1 Flat hand
Shish barak	1 cup	250 grams	30	1 Fist
Shish taouk sandwich	1 sandwich	187 grams	35	1 Flat hand
Chicken machboos	1/3 cup (4 tbsp)	100 grams	10	4 Thumbs
Fassolya stew with meat	1 cup	220 grams	25	1 Fist

Measuring Tools & Serving Size Chart

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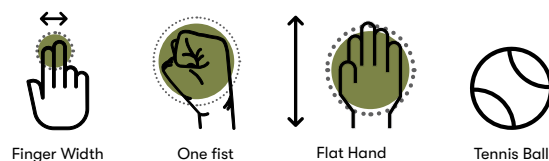
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11 MAIN DISHES

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Freekeh	1 cup	243 grams	33	1 Fist
Jereesh	1 cup	1 cup	12.5	1 Fist
Meat harees	1/2 cup	1/2 cup	11	1 Tennis ball
Meat kabsa	1 cup	1 cup	33	1 Fist
Kafta sandwich	1 sandwich	1 sandwich	35	1 Flat hand
Kibbeh bil sanieh	1 slice	300 grams	35	4 Fingers width
Kibbeh with yogurt	1 cup	250 grams	25	1 Fist
Kushari	1 cup	140 grams	45	1 Fist
Laban imo	1 cup	220 grams	17	1 Fist
Liver sandwich with tahini	1 sandwich	1 sandwich	44	1 Flat hand
Macaroni bechamel	1/2 cup	1/2 cup	17	1 Tennis ball
Mandi chicken	1/2 cup	175 grams	21.3	1 Tennis ball

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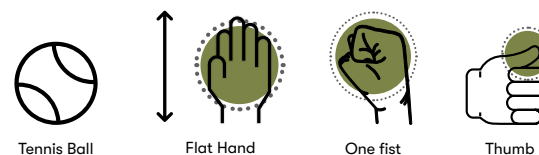
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11 MAIN DISHES

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Mansaf	1 cup	180 grams	33.4	1 Fist
Maqluba	1/2 cup	187 grams	21	1 Tennis ball
Meat curry	1.1/2 cup	320 grams	4	1.1/2 Fist
Moghrabieh	1/2 cup	74 grams	18.5	1 Tennis ball
Molokhiyah	1 cup	216 grams	5	1 Fist
Moujaddara	1 cup	203 grams	38	1 Fist
Muhammar	2/3 cup (8 tbsp)	100 grams	31.1	8 Thumbs
Musakhan	1 wrap	230 grams	45	1 Flat hand
Pumpkin kibbe	1 piece	86 grams	14	1 Tennis ball
Vegetable saloona	1 cup	305 grams	27	1 Fist
Shakshouka	2 eggs with tomato sauce	552 grams	22	-
Stew spinach with meat	1 cup	216 grams	5	1 Fist

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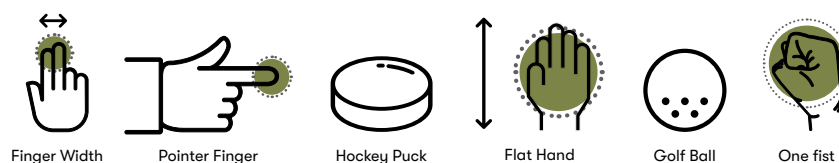
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11 MAIN DISHES

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Stuffed cabbage	3 pieces	150 grams	22.5	Length of a flat hand and width of a finger pointer
Stuffed egg plant	2 pieces	370 grams	40	2 Hockey pucks
Stuffed vine leaves	6 medium pieces	70 grams	15	1 Finger pointer
Stuffed zucchini	3 medium pieces	450 grams	35	Length of a finger pointer & 2 fingers width
Sushi vegetables	1 piece	32 grams	10	1 Golf ball
Sushi salmon nigiri	1 piece	32 grams	8	1 Golf ball
Tandoori chicken	1 piece	200 grams	6.1	1 Flat hand
Thareed	1 cup	100 grams	12.1	1 Fist

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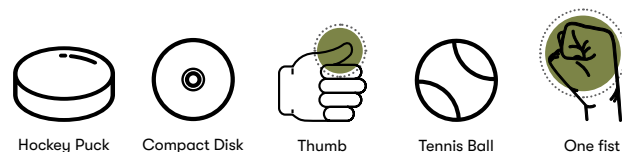
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11 MAIN DISHES

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Buttered chicken (Indian dish)	1 cup	100 grams	4.4	1 Fist
Chaat (Indian dish)	1 cup	129 grams	32	1 Fist
Chicken curry (Indian dish)	1 cup	100 grams	4	1 Fist
Dhal (Indian dish)	1/2 cup (6 tbsp)	120 grams	19	1 Tennis ball
Dhansak (Indian dish)	1 cup	238 grams	20	1 Fist
Dhokla (Indian dish)	1 piece	58 grams	19.7	1 Thumb
Dosa (Indian dish)	1 Piece	100 grams	11	1 Compact disk
Idli (Indian dish)	1 Piece	39 grams	12	1 Hockey puck
Kachories - vegetable moong (Indian dish)	2 pieces	40 grams	15.4	1 Hockey puck
Khichadi (Indian dish)	1/2 cup	98 grams	20.5	1 Fist
Palak paneer (Indian dish)	1 cup	200 grams	10	1 Fist
Poha (Indian dish)	1 cup	139 grams	35	1 Fist

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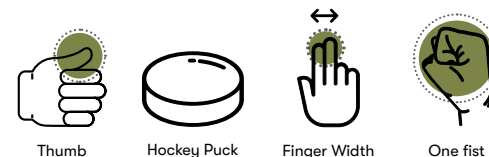
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11 MAIN DISHES

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Baghali polo (Indian dish)	1 cup	220 grams	46	1 Fist
Polenta (Indian dish)	1/2 cup	98 grams	20.5	1 Fist
Sambar (Lentil-based vegetable stew) (Indian dish)	1 cup	253 grams	26.5	1 Fist
Tachin (Iranian dish)	1/2 cup	85 grams	13	2 Fingers width
Fesenjoon stew (Iranian dish)	1 cup	316 grams	14	1 Fist
Ghormeh sabzi stew (Iranian dish)	1 cup	251.5 grams	16.5	1 Fist
Makouda (potato cakes) (Moroccan dish)	1 Piece	40 grams	10	1 Hockey puck
Sago (Asian dish)	2/3 cup (8 tbsp)	260 grams	32	8 Thumbs

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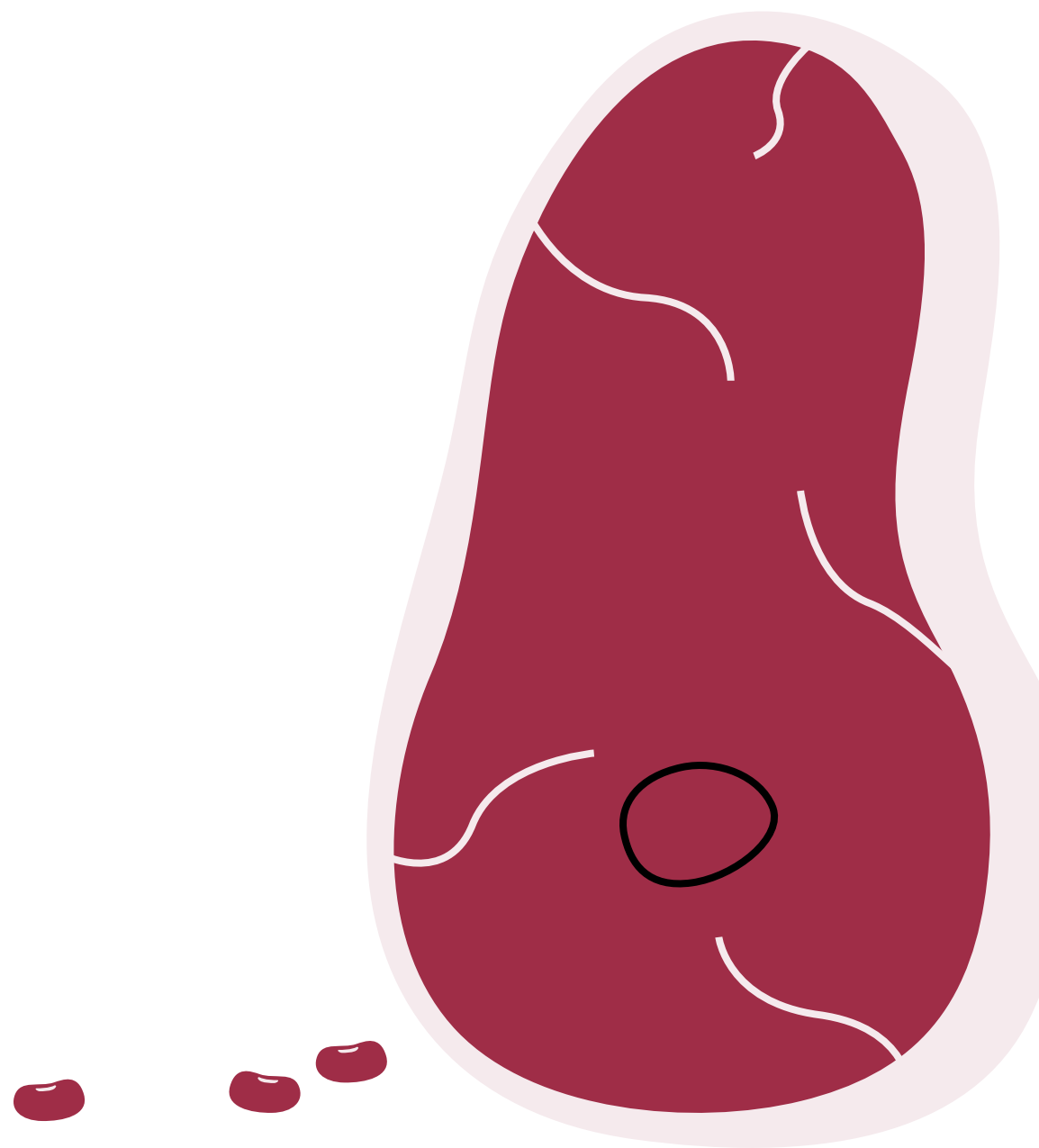
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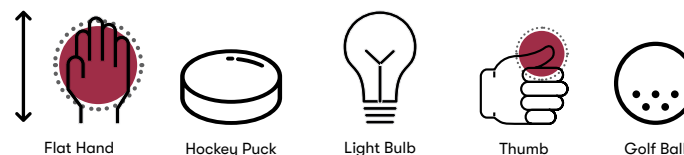
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12 MEAT & MEAT ALTERNATIVES

Meat

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Boiled egg	1 egg	50 grams	0	1 Light bulb
Cottage cheese	1 tbsp	40 grams	1	1 Thumb
Fish (salmon, sardines, herring, swordfish)	1 fillet	90 grams	0	1 Flat hand
Grilled chicken breast	1 medium fillet	90 grams	0	1 Flat hand
Grilled meat fillet steak	1 piece	90 grams	0	1 Flat hand
Labneh	2 tbsp	30 grams	2	2 Thumbs
Parmesan	1 tbsp	15 grams	0	1 Thumb
Tuna packed in water	small can	95 grams	0	1 Flat hand
Turkey breast	1 piece	90 grams	0	1 Flat hand
Turkey	1 slice	14 grams	0	1 Hockey puck
White cheese	1 slice average	22 grams	0	1 Golf ball

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12 MEAT & MEAT ALTERNATIVES

Meat Alternative

VISUAL COMPARISON



Tennis Ball

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Boiled broad beans	1/2 cup (6 tbsp)	88 grams	15	1 Tennis ball
Boiled chickpeas	1/2 cup (6 tbsp)	80 grams	15	1 Tennis ball
Boiled green beans	1/2 cup (6 tbsp)	80 grams	15	1 Tennis ball
Boiled kidney beans	1/2 cup (6 tbsp)	75 grams	15	1 Tennis ball
Boiled lupin beans (termos)	1/2 cup (6 tbsp)	80 grams	15	1 Tennis ball
Lentils	1/2 cup (6 tbsp)	100 grams	15	1 Tennis ball
Peas	1/2 cup (6 tbsp)	80 grams	15	1 Tennis ball

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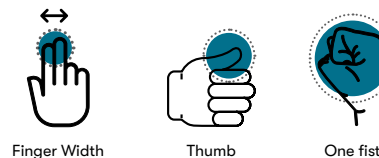
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13 DAIRY PRODUCTS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Greek yogurt	1 average pot (2/3 cup - 8 tbsp)	170 grams	7	3 Fingers width
Labneh low fat (cottage cheese)	1 tbsp	40 grams	1	1 Thumb
Labneh regular (cottage cheese)	1 tbsp	40 grams	1	1 Thumb
Low fat milk	1 cup	250 ml	12	1 Fist
Low fat yogurt	1 cup	245 grams	17	1 Fist
Regular milk	250 ml	250 ml	12	1 Fist
Regular yogurt	2/3 cup	170 grams	12	3 Fingers width
Skimmed milk	1 cup	250 ml	12	1 Fist
Skimmed yogurt	2/3 cup	170 grams	13	3 Fingers width
Coconut milk	1 cup	250 ml	7	1 Fist
Almond milk	250 ml	250 ml	5	1 Fist

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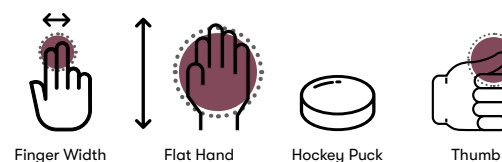
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14 DESSERTS & SWEETS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Apple pie 9 inch diameter	1/8 of pie	155 grams	57.5	2 Fingers width
Black forest	1 piece	249 grams	54	3 Fingers width
Carrot cake	1 piece	173 grams	73	2 Fingers width
Cheese cake	1 piece	80 grams	20.4	2 Fingers width
Full coated chocolate biscuit	1 piece	99 grams	67.4	1 Hockey puck
Chocolate chip cookies	2 cookies	30 grams	20	2 Fingers width
Chocolate sponge	1 piece	61 grams	25.6	2 Fingers width
Cream crackers	2 pieces	15 grams	10	2 Fingers width
Croissant	1 piece	75 grams	32	1 Flat hand
Danish pastry	1 piece	71 grams	34	1 Hockey puck
Date biscuit	1 small biscuit	20 grams	12	1 Thumb
Plain digestive biscuit	2 biscuits	2 biscuits	18	1 Hockey puck

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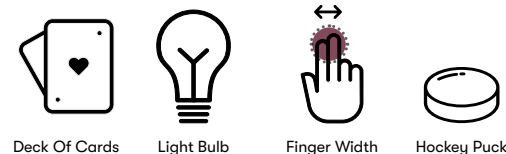
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14 DESSERTS & SWEETS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Digestive biscuit with chocolate	2 biscuits	34 grams	11.3	1 Hockey puck
Donut plain	1 piece	51 grams	23	1 Hockey puck
Donut with icing	1 piece	53 grams	36	1 Hockey puck
Donut with Jam	1 piece	53 grams	34	1 Hockey puck
Fruit cake	1 piece	43 grams	26.5	2 Fingers width
Muffin	1 piece	75 grams	41	1 Light bulb
Oreo cookies	3 pieces	3 pieces	25	2 Fingers width
Vanilla cake	1 piece	67 grams	38	2 Fingers width
Waffles	1 piece	75 grams	24.7	1 Deck of cards

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15 ICE-CREAMS

VISUAL COMPARISON



Light Bulb



Tennis Ball

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Biscuit cone	1 piece	4 grams	3.2	Length of 1 light bulb
Chocolate ice-cream	1/2 cup	70 grams	20	1 Tennis ball
Mango ice-cream	1/2 cup	70 grams	30	1 Tennis ball
Strawberry ice-cream	1/2 cup	70 grams	30	1 Tennis ball
Vanilla ice-cream	1/2 cup	70 grams	16	1 Tennis ball

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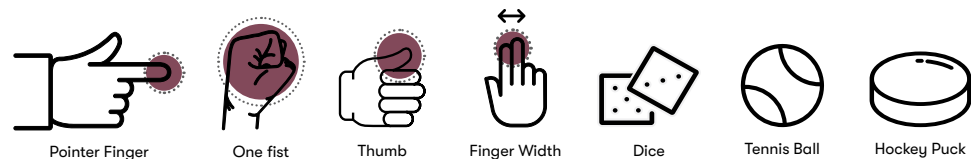
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16 ARABIC SWEETS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Baklawaaah	1 small piece	30 grams	17.5	1 Thumb
Barazek (sesame cookie with honey and pistachios)	2 small pieces	30 grams	12	2 Fingers width
Basbousa	1 piece	24.3 grams	15	4 Dice shaped in a square
Cheese kanefe	1 square	50.2 grams	12.5	2 Fingers width
Falooda	1/2 cup	135 grams	21.3	1 Tennis ball
Date maamoul	1 piece	50 grams	28	1 Hockey puck
Ghazl El Banat (cotton candy) filled with pistachio	1 cup	50 grams	43	1 Fist
Ghorayebah	1 piece	20 grams	10	2 Fingers width
Halawah	2 squares	25 grams	14	2 Dice shaped in a square
Halawet jebin	55 grams	55 grams	20	1 Pointer finger
Halwa bahraini	1 cup	50 grams	39	1 Fist
Qamar Al Din (sweetened dried apricote)	1/3 cup	34 grams	28	2 Fingers width

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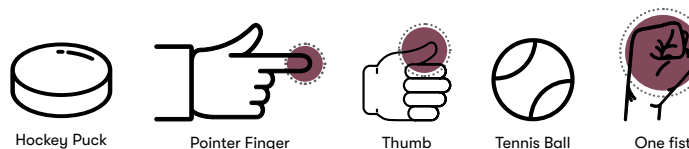
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16 ARABIC SWEETS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Karabeej	1 piece	35 grams	15	1 Thumb
Kashta	1/2 cup	132 grams	22	1 Tennis ball
Kheer (Indian rice pudding)	1/2 cup	113 grams	17	1 Tennis ball
Katayef kashta	1 medium	126 grams	35	1 Fist
Lukaimat	3 medium size	-	15	3 Thumbs
Maakaroon	1 piece	50 grams	20	1 Pointer finger
Makroudth - Tunisian	1 piece	50 grams	17	1 Thumb
Marsaban	1 piece	28 grams	17	1 Thumb
Mchabak	1 piece	175 grams	40	1 Hockey puck
Moughli	1/2 cup	130 grams	28	1 Tennis ball
Mouhalabiyah	1/2 cup	130 grams	20	1 Tennis ball
Nougat	1 piece	28 grams	26	1 Thumb

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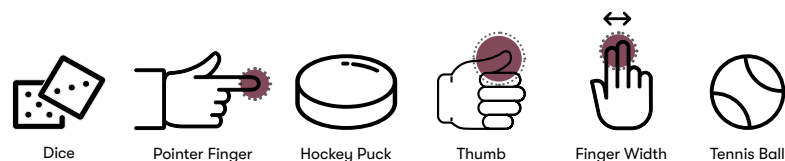
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16 ARABIC SWEETS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Ousmaliyeh	1 piece	120 grams	45	2 Fingers width
Raaha	1 square	22 grams	16	1 Thumb
Rice pudding	1/2 cup	130 grams	25	1 Tennis ball
Safouf	1 piece	60 grams	40	4 Dice shaped in a square
Sahlab	1/2 cup	100 grams	15	1 Tennis ball
Sanyoura	2 pieces	36 grams	16	1 Pointer finger
Um ali	1/2 cup	102 grams	27	1 Tennis ball
Walnut maamoul	1 piece	50 grams	20	1 Hockey puck
Znoud el sit	1 piece	80 grams	20	2 Pointer finger
Kulfi	1 piece (1/3 cup)	80 grams	11	1 Pointer finger
Atayaf	1 medium piece	126 grams	35	2 Fingers width

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17 CONFECTIONERIES

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Apricot jam	1 tbsp	15 grams	13	1 Thumb
Fig jam	1 tbsp	17 grams	15	1 Thumb
Honey	1 tbsp	20 grams	17	1 Thumb
Rose jam	1 tbsp	20 grams	15	1 Thumb
Strawberry jam	1 tbsp	20 grams	13.6	1 Thumb
Sugar	1 tbsp	13 grams	15	1 Thumb
Sugar syrup	1 tbsp	18 grams	15	1 Thumb

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18 SALTY SNACKS

VISUAL COMPARISON



One fist

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Chips Pringles	13 chips	25 grams	12	-
Popcorn cinema big (regular)	11 cups	11 cups	85	11 Fists
Popcorn cinema medium (regular)	8 cups	8 cups	60	8 Fists
Popcorn cinema small (regular)	5 cups	5 cups	39	5 Fists

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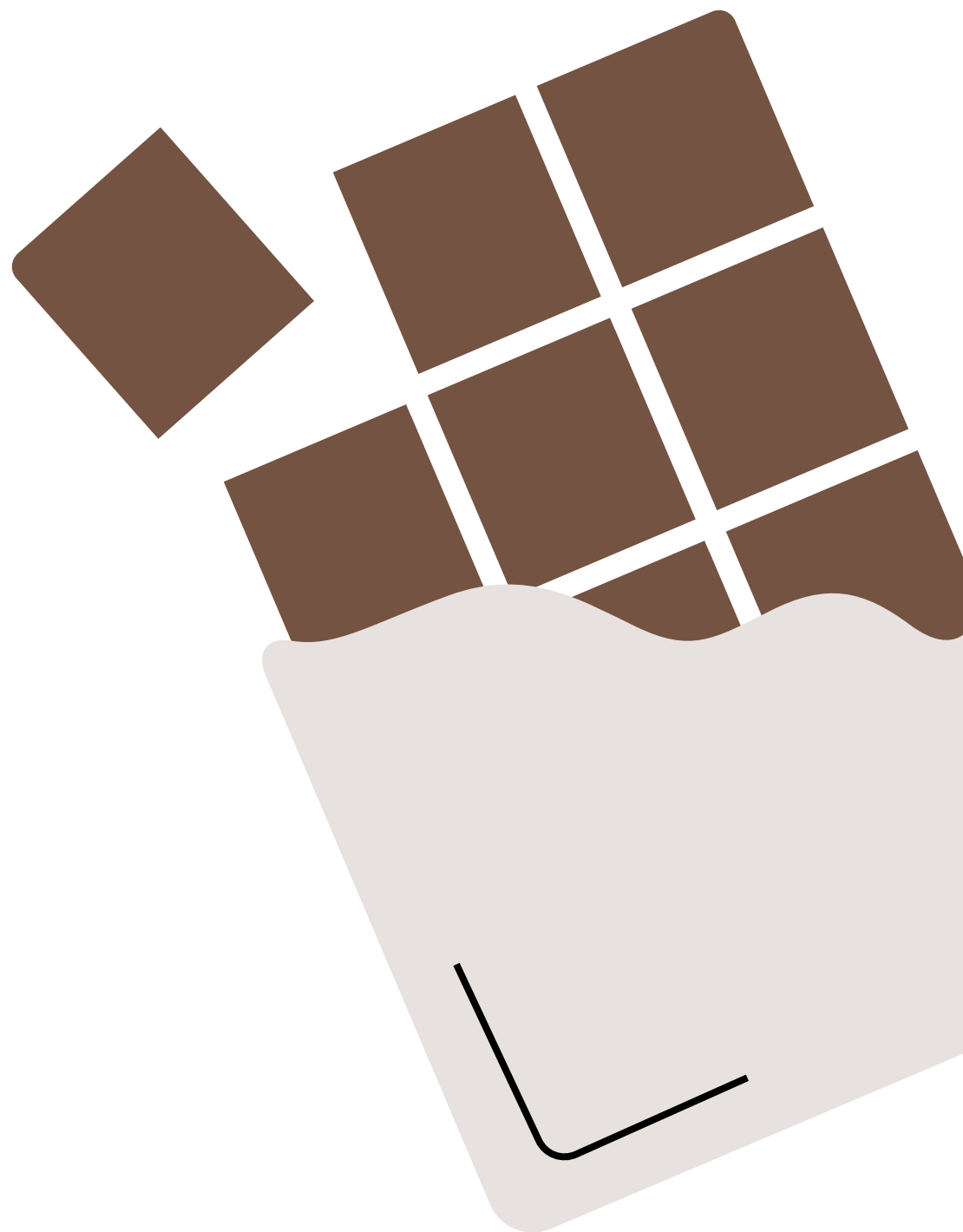
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19 CHOCOLATES

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Cadbury milk fingers	1 standard bar	37 grams	21	-
Ferrero Rocher	2 balls	25 grams	12	-
Kitkat	4 fingers	42 grams	26	-
M&M's mix (chocolate & peanut)	1/2 cup	128 grams	15	-
Maltesers	1 bag	37 grams	20	-
Mars bar	1 standard bar	58 grams	38	-
Nutella	1 Tbsp	15 grams	9	-
Smarties	1 pack	38 grams	26	-
Snickers	1 standard bar	50 grams	25.7	-
Toblerone	3 triangles	25 grams	15	-
Twirl	1 standard bar	39 grams	22	-
Twix	1 finger	25 grams	16	-

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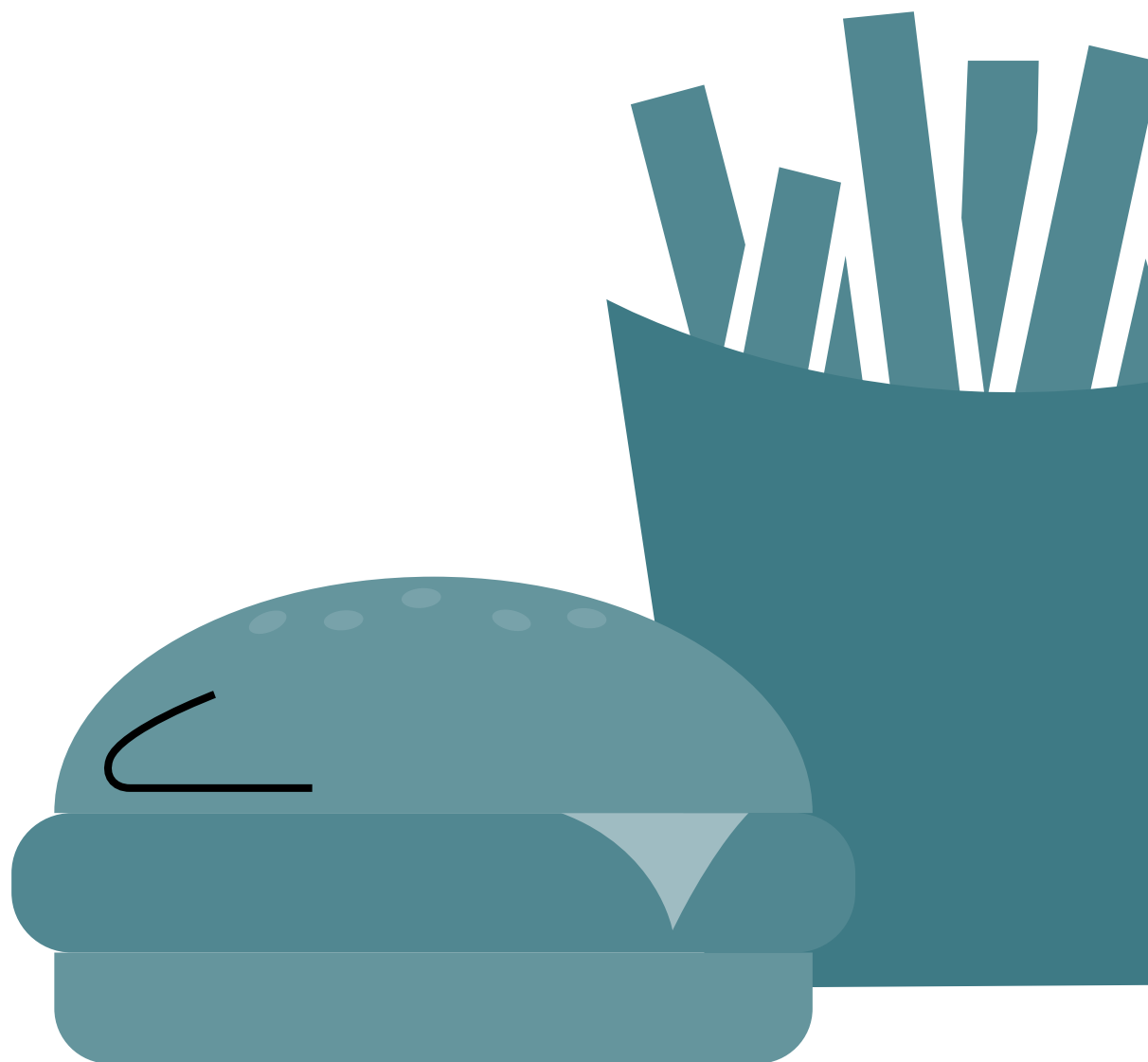
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20 FAST FOOD

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Mcdonald's Big Mac	1 sandwich	216 grams	41	-
Cheese burger	1 sandwich	124 grams	32	-
Double cheese burger	1 sandwich	177 grams	33	-
Chicken nuggets	6 Pieces	114 grams	17	-
French fries (small)	1 small box	110 grams	42	-
French fries (medium)	1 medium box	220 grams	84	-
French fries (large)	1 large box	259 grams	100	-
Pizza thick crust	1 slice	91 grams	27	-
Pizza thin crust	1 slice	5 grams	22	-

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20 FAST FOOD

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
KFC chicken drumstick	1 drum stick	90 grams	7	-
KFC twister	1 sandwich	240 grams	52	-
KFC chicken wing	1 piece	55 grams	4	-
KFC chicken thigh	1 piece	75 grams	5	-
Sushi roll	1 piece	32 grams	10	-

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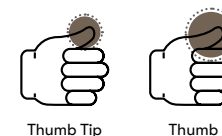
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21 FATS & NUTS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Avocado	1/3 avocado	59 grams	3	-
Olive oil	1 tsp	4.2 grams	0	1 Thumb tip
Canola oil	1 tsp	4 grams	0	1 Thumb tip
Sunflower oil	1 tsp	4 grams	0	1 Thumb tip
Soybean oil	1 tsp	4.2 grams	0	1 Thumb tip
Green olive	1/4 cup (7 pieces)	35 grams	2	3 Thumbs
Black olives	1/4 cup (7 pieces)	35 grams	2	3 Thumbs
Almonds	6 pieces	6 grams	0	-
Cashews	10 pieces	18 grams	4	-
Chestnut	1 peeled	10 grams	4	-
Flaxseeds	1 tsp	4 grams	0	1 Thumb tip
Hazelnuts	10 pieces	10 grams	1	-

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21 FATS & NUTS

VISUAL COMPARISON



NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Macademia	4 pieces	10 grams	0	-
Peanuts	10 peanuts	10 grams	2	-
Pecans	3 whole	12 grams	2	-
Pinenut	10 pieces	1 grams	0	-
Pistachios	10 pieces	7 grams	1	-
Pumpkin seeds	1 tbsp	12 grams	2	1 Thumb
Sesame seeds	1 tbsp	11 grams	1	1 Thumb
Sunflower seeds	1 tbsp	10 grams	2	1 Thumb
Walnuts	3 whole pieces	12 grams	1	-
Chia seeds	1 tbsp	10 grams	1	1 Thumb
Desiccated coconut	1 tbsp	8 grams	2	8 Thumbs

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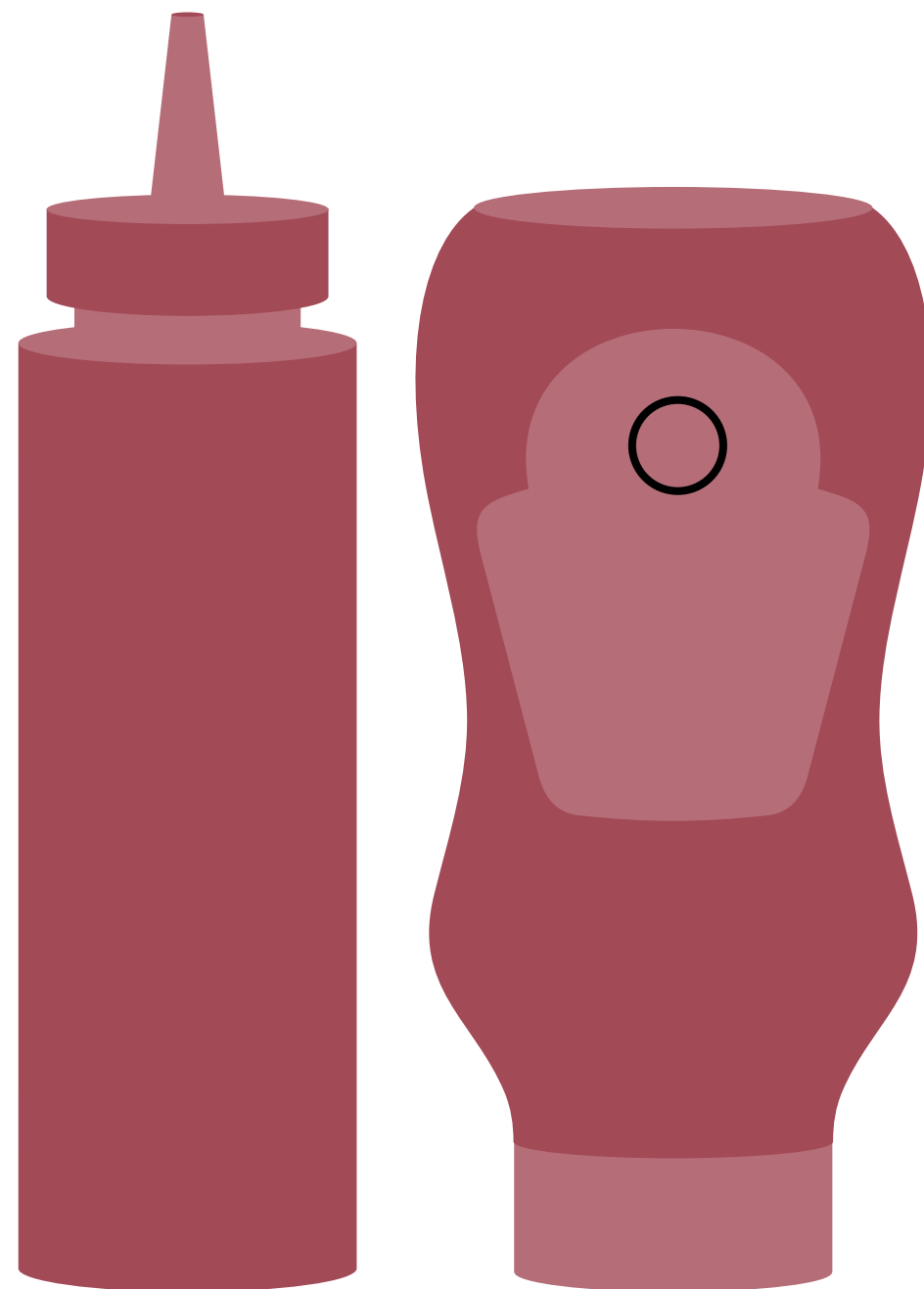
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22 CONDIMENTS & SAUCES

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Thumb Tip

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Butter	1 tsp	5 grams	0	1 Thumb tip
Garlic cream	1 tsp	5 grams	1	1 Thumb tip
Ketchup	1 tsp	8 grams	2	1 Thumb tip
Margarine	1 tsp	5 gams	0	1 Thumb tip
Mayonaise	1 tsp	7 grams	0	1 Thumb tip
Mustard	1 tsp	8 grams	1	1 Thumb tip
Pomengrante molasses sauce	1 tsp	8 grams	6	1 Thumb tip
Rose water	1 tsp	5 grams	0	5 Thumbs tip
Tahini	1 tsp	6 grams	1	5 Thumbs tip
Vinegar	1 tsp	3.8 grams	0	5 Thumbs tip

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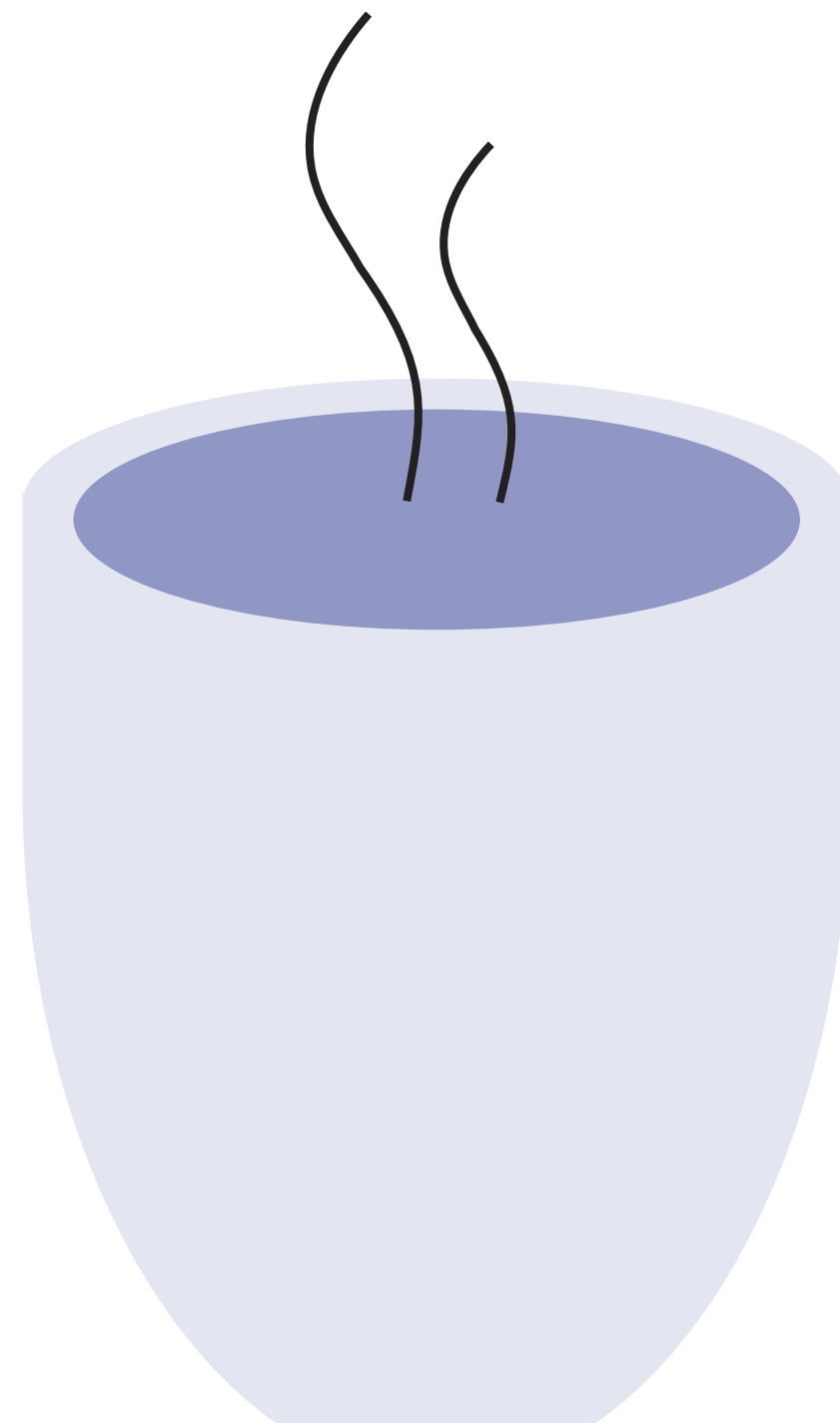
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23 BEVERAGES

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Cappucino coffee sachet	1 sachet	17 grams	12	-
Hot chocolate sachet	1 sachet	28 grams	20	-
Hot chocolate with milk - vending machine	3/4 cup	170 mL	19	-
Iced coffee with milk	1.1/3 cup	330 mL	16	-
Latte coffee sachet	1 sachet	19 grams	11	-
Mocha coffee sachet	1 sachet	23 grams	15	-
Nescafé 2in1	1 sachet	10 grams	6	-
Nescafé 3in1	1 sachet	17 grams	13	-

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23 BEVERAGES

Starbucks Drinks

VISUAL COMPARISON



One fist

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Americano	1 cup	236 ml	1	1 Fist
Brewed coffee	1 cup	236 ml	0	1 Fist
Cafe latte	1 cup	236 ml	10	1 Fist
Café latte with soy milk	1 cup	236 ml	6	1 Fist
Café mocha	1 cup	236 ml	21	1 Fist
Café mocha with whipped cream	1 cup	236 ml	22	1 Fist
Café vanilla frappuccino low fat without whipped cream	1.1/2 cup	354 ml	47	1.1/2 Fist
Cappucino	1 cup	236 ml	7	1 Fist

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Starbucks Drinks

VISUAL COMPARISON



One fist

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Caramel frappuccino low fat milk without whipped cream	1.1/2 cup	354 ml	42	1.1/2 Fist
Caramel macchiato	1 cup	236 ml	16	1 Fist
Chai tea latte with low fat milk	1 cup	236 ml	22	1 Fist
Chocolate smoothie	2 cups	473 ml	53	2 Fists
Coffee frappuccino with low fat milk	1.1/2 cup	354 ml	36	1.1/2 Fist
Flat white	1 cup	236 ml	9	1 Fist
Green tea latte with low fat milk	1 cup	236 ml	14	1 Fist
Iced black tea	1.1/2 cup	354 ml	15	1.1/2 Fist

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Starbucks Drinks

VISUAL COMPARISON



One fist

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Iced black tea lemonade	1.1/2 cup	354 ml	24	1.1/2 Fist
Iced coffee	1.1/2 cup	354 ml	15	1.1/2 Fist
Iced coffee low fat milk	1.1/2 cup	354 ml	30	1.1/2 Fist
Latte macchiato	1 cup	236 ml	9	1 Fist
Orange mango smoothie	2 cups	473 ml	53	2 Fists
Strawberry smoothie	2 cups	473 ml	60	2 Fists
White chocolate mocha with whipped cream	1 cup	236 ml	32	1 Fist
White chocolate mocha without whipped cream	1 cup	236 ml	30	1 Fist

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23 BEVERAGES

Juice

VISUAL COMPARISON



One fist

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Apple juice	1 cup	250 ml	28	1 Fist
Carrot juice	1 cup	250 ml	23.2	1 Fist
Jallab	1 cup	250 ml	17.5	1 Fist
Lemonade	1 cup	250 ml	27	1 Fist
Liquorice	1 cup	250 ml	45	1 Fist
Orange juice	1 cup	250 ml	30	1 Fist
Pineapple juice	1 cup	250 ml	31.9	1 Fist
Tamarind juice	1 cup	250 ml	40	1 Fist
Tomato juice	1 cup	250 ml	8.75	1 Fist

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Juice

VISUAL COMPARISON

NAME	PORTION	WEIGHT / SIZE	AVERAGE G OF CHO PER PORTION	VISUAL IMAGE
Diet soft drink	1 can	330 ml	0	Standard can size
7 Up	1 can	330 ml	35	Standard can size
Coca-Cola	1 can	330 ml	35	Standard can size
Pepsi	1 can	330 ml	39	Standard can size
Sprite	1 can	330 ml	22	Standard can size

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“

A Healthy Outside Starts From The Inside”

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– Robert Urich



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