



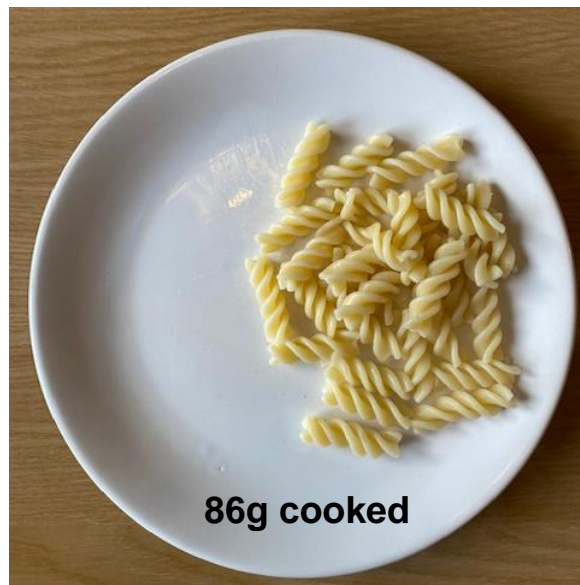
## Carbohydrate portion sizes

The photographs below show some common starchy carbohydrates and the portion sizes that provide 30g and 50g carbohydrate. This can be useful if you want to become more aware of portion sizes or if you're trying to reduce or monitor your carbohydrate intake. It can also help you to keep your intake consistent at mealtimes, especially if you take fixed doses of insulin.

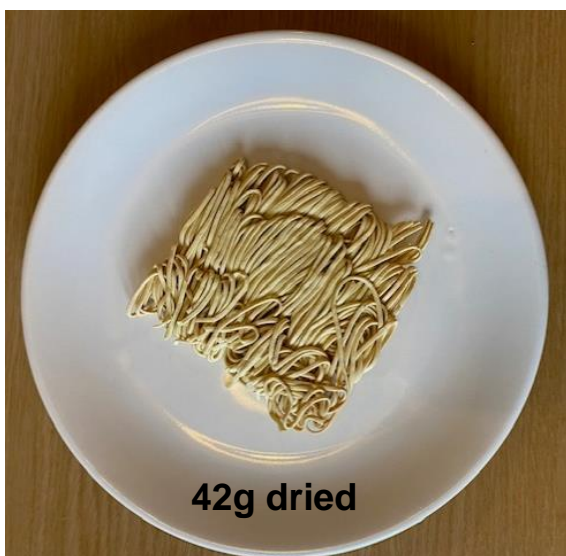


### 30g Carbohydrate portions

#### Pasta



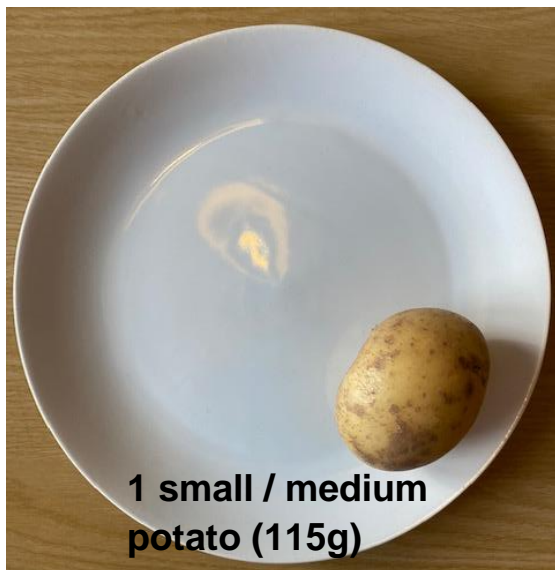
#### Noodles



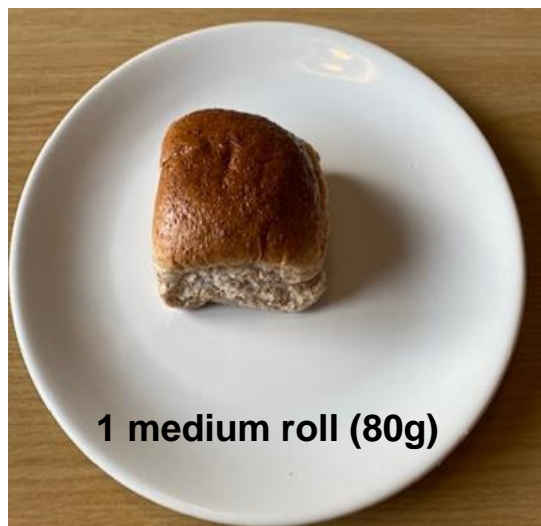
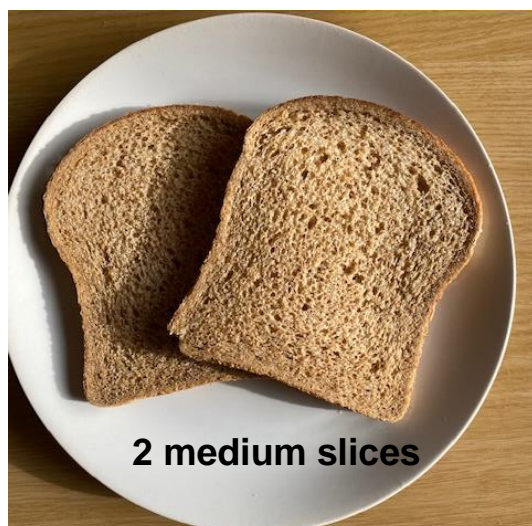
## Rice



## Potato



## Bread



## Cereal



## 50g Carbohydrate portions

### Pasta



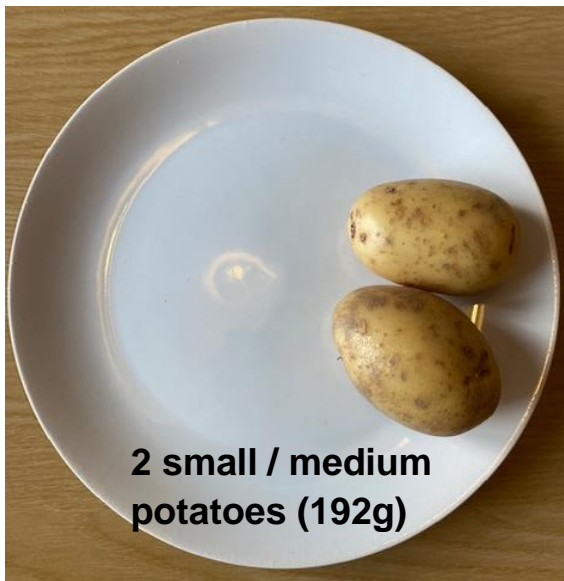
### Noodles



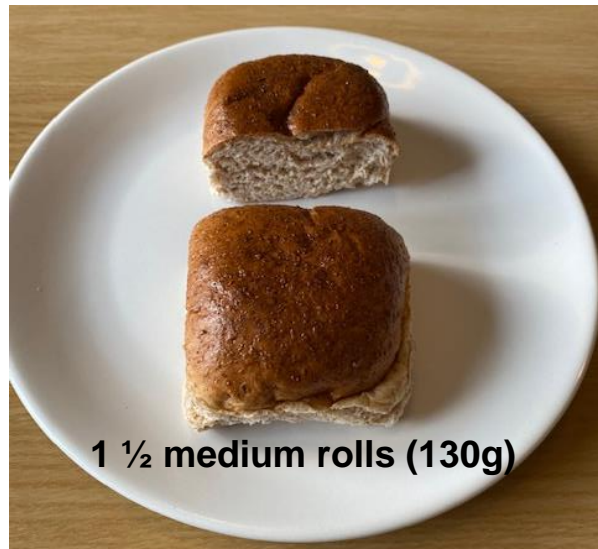
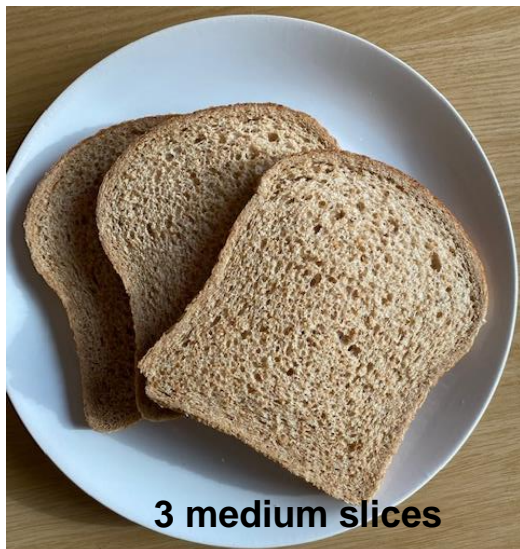
## Rice



## Potato



## Bread



## Cereal



**67g (8 ½ tablespoons)**